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Thumbs up for Portuguese banks

Portugal's major banks have emerged unscathed from last week's so-called stress tests as the Bank of Portugal revealed them all to be in sound health. (See Page 4)

Beja Airport flights forecast for next year

Charter flights to and from Beja Airport should be up and running as of March 2011, it was reported this week, though empty aircraft could land and take off from Beja for maintenance or long-term parking, ANA said this week. (See Page 6)

Climate change blamed for Portugal's "probable" first case of West Nile virus

Experts are warning that climate change could heighten the risk of surges of infectious diseases more common to warmer climates, such as the West Nile virus or Malaria, in Europe. (See Page 8)

Proposal to shift national holidays squashed

A proposal to shift the dates when most Portuguese national holidays are celebrated was squashed last Thursday by a majority of Socialist MPs in parliament. (See Page 17)

Algarve and Azores rattled by earthquakes

A small earthquake shook the Algarve last Sunday night, at around 9.25pm, measuring 4.0 on the Richter scale. Hours later, another earthquake struck the Azores islands, with a magnitude of 4.1. (See Page 22)

English rugby teams cancel Faro date

Sale and Newcastle will have to wait until Friday, September 3 to lock horns after the two teams decided to cancel a match which had been scheduled for this Saturday at the Algarve Stadium. (See Page 64)

Weekend weather

Lisbon: Summer will continue this weekend in the capital, with blue skies, and temperatures are forecast to reach the early 30s, though minimums will fall beneath the 20-degree mark. **Algarve:** The south of the country will remain warm and summery.

North: Temperatures will be in the region of 30° Celsius and blue skies are forecast. Nights will be particularly warm.

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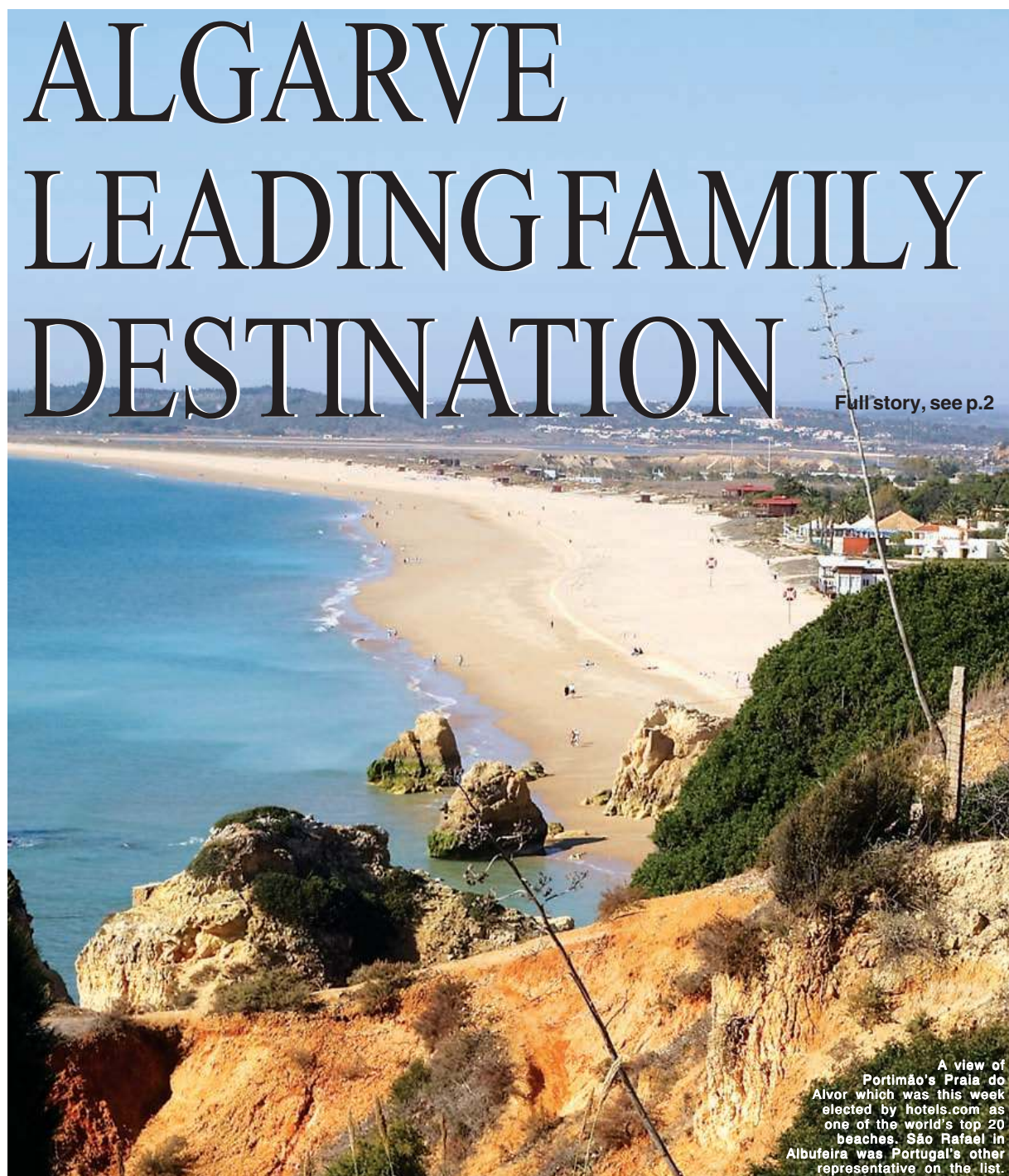
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As Algarve beaches are voted amongst the top 5 in the world for holidays, Lisbon is elected second best city break



ALGARVE LEADING FAMILY DESTINATION

Full story, see p.2

A view of
Portimão's Praia do
Alvor which was this week
elected by hotels.com as
one of the world's top 20
beaches. São Rafael in
Albufeira was Portugal's other
representative on the list.

THE PORTUGAL
News



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Algarve leading family destination

Brendan de Beer

Portugal, and more specifically the Algarve, was this week handed a string of accolades from British researchers who found the region to be the most economic to visit. Lisbon was highlighted as the second best city for a short-break, while beaches in the Algarve were voted amongst the top in the world.



São Rafael beach which is amongst the top 20 in the world

The Algarve has this week emerged as the preferred destination for British parents who can look forward to getting more holiday cash this year than last if they visit the Eurozone, thanks to a rise in the value of sterling. Post Office Travel Money's new Family Holiday Report has revealed.

While the report cautions against hefty charges families could face while abroad, it states there is some good news for families holidaying in Europe.

Although 24 per cent of parents complained about meal and drink costs, the Post Office Family Holiday Report reveals that family meals account for the biggest drop in prices this year. Meal prices in Portugal, rated the best family value destination by the Post Office, have dropped 47 per cent since last July (an average of £27.03 for two adults/two children with drinks).

Almost a quarter of parents also voiced concern about the cost of beach items and, as the Post Office resort research for the Family Holiday Report indicates, they have good cause in most other European destinations, but not in Portugal.

With see-sawing prices across Europe, it found that an hour's ride on a pedalo costs just £5.36 in Portugal's Algarve, but twice as much in Majorca, Brittany or Cyprus.

Sarah Munro, the Post Office Head of Travel Money, said in a statement: "There is plenty families can do to avoid getting stung on holiday. They should check excursion and attraction prices online before they go, to avoid the most expensive ones and they should also pack kids' beach items that could break the holi-

day budget if bought overseas."

Post Office Travel earlier this year elected Lisbon as the second best city to visit behind Prague for bargain-hunters, with the Portuguese capital beating off Budapest, Istanbul and Warsaw, with the costlier city breaks being grouped together as Dublin, Berlin, Barcelona, Amsterdam and the most expensive being London.

Further recognition of Portugal came on Thursday morning when Kelkoo's Beach Index, compiled by the Centre for Economics and Business Research and YouGov, revealed the Algarve's beaches to be amongst the best five in the world.

In the study, which was sent to *The Portugal News* on Thursday morning, it emerged that 85% of Britons state that affordability is their number one holiday clincher, with Portugal's competitive prices a clear winner.

The Kelkoo 'Beach Index' independently ranks the best worldwide beach holiday destinations based on the 10 factors that matter most to UK holiday-makers, which besides affordability, include security (81%), the weather (78%), and good food (77%).

The Algarve was placed fifth behind winners Bulgaria, Tunisia, Turkey and Egypt, but these destinations' geographical locations often allow the Algarve to gain additional visitors.

The top ten is completed by Goa in India, Dubrovnik in Croatia, Larnaca (Cyprus), Crete (Greece) and the Balearic Islands in Spain.

The index also predicts a more positive outlook for the travel

sector in 2010, with UK travel expenditure forecast to reach £41.1bn or £669 per person, a modest £1bn increase (+2.4%) on 2009, when travel sales plummeted by £3.7bn (-8.4%).

In a statement sent to *The Portugal News*, Bruce Fair, Managing Director of Kelkoo UK, explained: "In the current climate, British holidaymakers seem to be more cost-conscious than ever."

In stark contrast to the Algarve, Rio de Janeiro ranks as the most expensive beach destination, scoring just 26 out of 100, with return flights costing £760 on average, and accommodation generally 10% more expensive than in the UK. Sydney follows

closely behind (27 out of 100), while the Maldives also scores low in this category (45). UK holidaymakers may also find that seeking a beach paradise on British soil isn't as economical as they might think, with Cornwall coming in 14th place in the overall rankings due to the unpredictable British climate and its relatively high cost.

Bruce Fair continues: "Given the clear emphasis placed by consumers on the overall affordability of holidays and the cost of buying goods once they arrive at their destination, it is no surprise that a number of the holiday hotspots historically favoured by UK holidaymakers such as Cyprus (8th), Crete (9th) and Spain's Balearic Islands (10th) are outranked by cheaper neighbouring non-Eurozone beach destinations. However, if the pound continues its rally against the euro, we should see these destinations climb back up the rankings and Britons returning to their more traditional holiday haunts."

"UK travellers now have around 16% more spending power in the Eurozone than they did only 18 months ago, with consumers currently able to get around €1.20 as opposed to €1.02 for every pound they spend."

In further recognition of the Algarve as a top destination, hotels.com this week placed the beaches at Alvor and São Rafael amongst the top 20 in the world, where they are joined by beaches such as Ormos in Mykonos, Miramar in Mexico, considered the best beach in the Gulf, Dolphin Bay in Cape Town, Cala Jondal (Ibiza), while Cromer Beach in Norfolk makes a surprise entry into the top 20.

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Thumbs up for Portuguese banks



The CEO of Millennium BCP, Carlos Santos Ferriera, during a presentation of the bank's results in Lisbon on February 10th. (Photo: Lusa / Mário Cruz)



Portugal's major banks have emerged unscathed from last week's so-called stress tests as the Bank of Portugal revealed them all to be in sound health.

The Committee of European Banking Supervisors (CEBS), in cooperation with the European Central Bank (ECB), carried out an EU-wide stress testing exercise aimed at assessing the resilience of a representative set of EU individual banks to an extreme but plausible adverse scenario.

In Portugal, this exercise was conducted by the Bank of Portugal in a top-down fashion.

In the Portuguese case, the top-down stress test exercise was conducted in the four largest banking groups, involving also the banks' employees pension funds, accounting for almost two thirds of the total assets of the Portuguese banking system in 2009.

Note that Banco Santander Totta, which accounts for 8.8 percent of the banking system's total assets, was not included. Rather, it participated in the stress test exercise conducted by Banco de España as a subsidiary of Banco Santander, given that the EU-wide exercise entailed banking groups to be tested at the highest consolidated level. Therefore, overall, around 74 percent of the Portuguese banking system was covered in the exercise.

The benchmark and adverse scenarios were developed by the CEBS in close cooperation with the ECB and the European Commission, and included a severe combination of credit and market shocks, covering sovereign risks, calibrated for 2010 and 2011.

The starting-point of the exercise in terms of accounting and

prudential information was December 2009.

The main results of the stress test exercise for Portugal are the following: all four Portuguese banking groups revealed a high degree of resilience to the adverse scenario.

All banking groups present Tier 1 ratios in excess of 6 per cent in both 2010 and 2011, in spite of a significant fall in profitability and solvency in the adverse scenario, vis-à-vis the benchmark.

The exercise thus calls for no recapitalisation measures in the case of Portuguese banks.

In a related story, published on Wednesday by Lusa News Agency, the Bank of Portugal admitted that national banks are still facing financing difficulties.

The Bank said access to international financing has been "substantially harder" for Portuguese banks in the second quarter of 2010, and "market disturbances" could deteriorate in the third quarter, according to a Bank of Portugal (central bank) report issued on Wednesday.

A survey of five Portuguese banks conducted by the Bank revealed that "market disturbances in financial markets" made access to the short term credit and commercial note markets "substantially harder".

Banks expect that for the third quarter of the year access to the monetary markets will "deteriorate slightly" while the debt market will "strongly" worsen.

Correspondingly, banks have also reported a tightening in their rules for granting credit lines to customers.

Government revokes ban, allows large supermarkets to operate on Sundays



The Portuguese government has revoked a long-standing ban on large supermarkets that prevented them from operating on Sundays after 1pm.

The new law allows large supermarkets – those with more than 2,000 square metres – to be open for business everyday from 6am to midnight.

The Sundays ban was in place for over two decades, and it applied only to "hypermarkets", as these shopping venues are known in Portugal.

Portuguese Economy Minister José Vieira da Silva stated that "it didn't make sense anymore to keep a specific ban for hypermarkets".

The new law still allows for lo-

cal councils to issue business hours restrictions if they see fit to do so. The move was praised by major hypermarket chains and by consumer advocacy group Deco.

Criticism arose, however, from small retailer groups and from the Catholic Church.

"Profit reasoning should not rule society", priest Manuel Morujão, spokesman for the Portuguese Catholic bishops conference, said, adding that Sundays should be "days for worship" and for "strengthening family and friendship".

The new legislation is similar to a proposal presented two years ago by the opposition Social Democrat Party (PSD) which also aimed to confer upon City Halls the power to determine whether hypermarkets in their

area can open on Sundays and national holidays.

This new law brings a radical change from the tradition that obliges all trading to close at 13h00 on Sundays for large stores.

TPN/Lusa

Four former BCP executives charged with forgery and market manipulation

Former BCP CEO Jorge Jardim Gonçalves and another three executives of one Portugal's largest banks will be tried on charges of forgery and market manipulation, a Lisbon judge announced this week.

Jardim Gonçalves, Filipe Pinhal, Christopher de Beck and António Rodrigues were all indicted for alleged irregularities in the late 1990s, during which the former BCP executives are charged with having manipulated stock prices and forging documents.

The indictment drops an accusation of fraud, and fully

clears a fifth executive, António Castro Henriques. Jardim Gonçalves, BCP founder and its long-standing CEO, left the bank at the end of 2007.

In a written statement, Jardim Gonçalves claimed to be innocent and declared that "an unbiased, fair trial can only result in him being cleared of all charges".

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Beja Airport flights forecast for next year



Transport and Public Works Minister Mário Lino during a visit to the Beja airport site in December 2007. (Photo: Lusa / Luis Forra)



Charter flights to and from Beja Airport should be up and running as of March 2011, it was reported this week, though unoccupied aircraft could land and take off from Beja for maintenance or long-term parking, ANA said this week.

In October 2009, José Queiroz, President of EDAB (Beja Airport Development Company), told *The Portugal News* during an exclusive interview that the infrastructure's functioning would commence "next year [2010]".

"I don't know exactly when, as it hasn't been discussed, but it will preferably be during the first three months of next year".

"I don't think it is necessary to look beyond that deadline", he said at the time.

In January last year José Queiroz told the national press that the airport was "practically finished" and would be fully completed "soon", while Portuguese airport management company ANA announced that it had been making contact with tour operators, travel agents and airlines to "promote the Alentejo and create conditions for demand for direct flights to Beja".

At the beginning of this year ANA spokesperson Rui Oliveira told *The Portugal News* "The airport is still in the process of being certified by INAC [National Institute for Civil Aviation], this is ongoing, at the same time other meetings are being held with companies interested in operating from the airport, but we cannot reveal more than that".

This week ANA's director for Marketing Strategies Leonel Horta Ribeiro said that the certification process, which is done in three phases, was "going normally" and should be completed by the end of the first quarter of 2011.

This indicates that commercial

passenger flights could be operational from Beja as of March next year, though even if it should be given the green light, flights still rely on demand.

"The fact that the conditions are there does not necessarily mean there will be demand", Horta Ribeiro said, guaranteeing that ANA would "do everything" for Beja Airport to be "attractive enough" but it "cannot oblige airlines to operate" from the infrastructure.

The first phase of the certification process will allow commercial aircraft without passengers or cargo to land and take off from the runway and use the aircraft bays for long-term parking and maintenance, and should be completed "this month".

The second phase should see approval given for unoccupied passenger aircraft to use the civil terminal "by the end of the year".

Phase three will give the green light for aircraft carrying passengers and cargo to make full use of Beja Airport and its facilities.

Speaking to Lusa News Agency, Leonel Horta Ribeiro said that airlines, which "for congestion reasons" in airports such as Portela, Lisbon, will "find Beja Airport has adequate safety conditions to park" their aircraft.

According to the ANA representative, Lisbon Airport has an "acknowledged limitation and one of the most congested subsystems which is parking", and that "at times of great demand and peak traffic times, it is really undesirable".

He concluded that Beja Airport would offer a "good alternative" within the ANA network.

Hotel prices down nearly nine percent

Hotels in Portugal have dropped their prices by an average of nearly nine percent in relation to 2007, with the most significant decreases being noted in the Algarve as well as in most five star units.

Information from the Portuguese Hotel Association (AHP) showed that this year, because of the effects of the global crisis, the average price for a hotel room in Portugal dropped to €61.18 in

May this year, down 8.4 percent from the €66.78 charged three years ago.

It was found that the Algarve practiced the most significant reductions in price, by an average of 24.5 percent. But five star hotels were also greatly affected, with their prices being dropped by an overall 7.5 percent.

Data from the AHP's studies and statistics office first published by Portuguese newspaper

O Público showed that by the end of 2009 hotel prices in Portugal had already been lowered in comparison to those of 2007, but were slighter reductions, of around 0.3 percent. Less than six months later, by May 2010, those drops had grown to 8.4 percent, which the Association attributes to being caused by "weaker demand" that has been affecting the market since 2008.

In the Algarve prices have

dropped from an average of €63.79 per room, to €48.17.

However, Nuno Aires, head of the Algarve Tourist Board (ERTA) responded by saying that these figures "do not contemplate the Algarvean summer's peak season", indicating that rates could increase over the next months.

"Annual results from 2007 to 2009 are positive and cannot be compared with partial values", he added.

Nonetheless, in a recent interview with *O Público* Nuno Aires refused to regional hoteliers to "refuse to drop their prices", as it would affect the market and the destination by "making it less competitive", and it was "not the solution".

In turn the AHP, which bases its information on monthly performance results from 400 different hotels, said that the Algarve is the region being "most punished" by poorer activity from sectors such as the British market.

The second most affected region was the Alentejo, where average rates fell by ten percent from 2007 to 2010, meaning a room which three years ago cost €49.27, this year cost €44.33.

Average room fees in Lisbon, Madeira and the Azores fell by nine, 5.7 and 1.8 percent respectively.

Only in northern Portugal did hotels register a slight rise in room rates, having upped prices by four percent, or around €2.18. The Beiras region also upped their prices by around 1.2 percent.

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European fire-fighters answer Portugal's plea for help



Portuguese authorities this week requested assistance through the European Civil Protection Mechanism due to the present critical forest fire situation in Portugal.

Portugal requested heavy aerial means for forest fire combat operations consisting of two water bomber planes. The request immediately trig-

gered several offers of assistance by Italy, Greece and France.

Spain had already assisted Portugal in fighting fires in the Viseu and Braga regions. The for-

est fire situation in Portugal was already critical but has become even more aggravated over the last few days.

On Tuesday Portugal had already registered a total of 350 forest fires and all national available means were in constant use, the European Commission said in a statement.

The weather short-term forecast is indicating a continuation of the present scenario, which

increases the risk of forest fires: very high temperatures, low humidity levels and winds blowing from the east.

The Italian, Greek and French offer consisted of two water bomber planes each. Portugal accepted the Italian offer and these planes were operational by Wednesday afternoon. These planes will be based at the Ovar airbase in the North of Portugal.



Helicopters had to be employed to fight a fire which had been raging in the Sabugal and Belmonte pine forests since Monday evening on terrain which had been devastated by fire last year. (Photo: Lusa / António José)

Climate change blamed for Portugal's "probable" first case of West Nile virus

Experts are warning that climate change could heighten the risk of surges of infectious diseases more common to warmer climates, such as the West Nile virus or Malaria, in Europe.

Last weekend the National Health Board (DGS) confirmed an investigation was taking place into a "probable case of West Nile Virus" in Portugal.

DGS general sub-director José Robalo said this week that the disease had still not been confirmed, but there is a "great probability" that it would be. According to reports, the patient in question, a resident from the Lisbon and Tagus Valley region, had never been hospitalised nor had they been out of the country. The "adult" has apparently contracted the most serious form of the disease.

Since being placed under observation and despite being as yet an isolated incident, a mosquito surveillance network has been set up around the patient's area of residence in the interests of public health.

As of July 14th mosquitoes from the area have been "intensely monitored" and "captured for surveillance", though so far no infected insects have been found.

West Nile virus is transmitted via carriers and could become more frequent with climate change.

"These are diseases transmitted by carriers, essentially mosquitoes, ticks, and rodents. These carriers, with climate change, are given more favourable conditions in which to spread the diseases associated to them and they could become more frequent", global warming expert Filipe Duarte Santos told Lusa News Agency.

Malaria and leishmaniasis are other diseases more commonly found in hotter countries but which could eventually surge in Europe.

"It is a risk for the whole of Europe but which would have greater incidence in the south than in the north. Europe eradicated malaria fever, but it is a present risk" said Filipe Duarte Santos.

Experts believe that with the planet's globally rising temperatures, the areas of incidence for

such diseases are at risk of modifying, gradually spreading to countries previously free of infection.

"What we must do is monitor carriers, particularly mosquitoes, which Portugal has been doing and will continue to do", the specialist added.

According to information from the DGS, the West Nile virus is transmitted by a mosquito, with one in five infected people showing signs of a fever.

Clinically, the majority of people infected with the Nile virus experience light symptoms or suffer no symptoms at all. Less than one percent of those humans infected develop serious symptoms, which usually involve the central nervous system, such as meningitis, encephalitis, or both.

This week, Vila Real de Santo António Town Hall has asked the Regional Hydrographical Board (ARH) and the Castro Marim Sapal Nature Reserve to intervene in helping control an outbreak of mosquitoes in the area.

The Town Hall said this week "since July 20th [last Tuesday] the areas of Monte Gordo and Vila Real de Santo António (VRSA) have been affected by a plague of mosquitoes".

The council clarified that, "the species in question does not pose a risk in the carrying of diseases", but "are still very bothersome".

Malaria, which is a mosquito-borne infectious disease widespread in tropical and subtropical regions, recently made headlines in the UK when pop-star and X-Factor judge Cheryl Cole contracted the disease following a short trip to Tanzania.

According to the Daily Mail, the 27-year-old star could have been infected with "one of the deadliest strains of the illness", which left her "weak, jaundiced and unable to talk".

She is currently convalescing in her Surrey mansion and is expected to make a full recovery.

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Summer demand for air-con takes electricity consumption to record highs

Increased usage of air conditioning is taking electricity consumption to record highs during summertime, REN (Portuguese power transmission company) systems manager

Amarante Santos told Lusa News Agency on Tuesday.

Amarante Santos said that power demands increased 9% in 2010's early summer, compared to the previous year.

"People are installing more air conditioning devices, and that is what increases energy consumption", Santos said. "This is why the summer consumption peak has been higher than winter's, something that doesn't usually happen."

Portugal has felt especially high temperatures this summer.

The major metropolitan areas of Lisbon and Oporto and the Algarve tourist region are the main energy consumers in the nation. Amarante Santos says REN is "fully prepared" to keep up with the added demand. TPN/Lusa

Economy Minister declares tourism “is recovering”



During a visit to Monchique, Algarve, Economy Minister Vieira da Silva said that, in comparison to last year, the tourism sector is now showing signs of “recovering”.

“After the losses in 2009, we have positive indications within the tourism sector, even within the Algarve”, he said during the official inauguration ceremony of the five-star Longevity Wellness Resort Monchique, which took place last weekend.

Located in the Monchique mountain range, the resort represents an investment of around €40 million and will employ some 100 people.

In Vieira da Silva’s opinion, the new resort is an important investment “to help with the recuperation of the tourism sector”.

Jokingly, the Minister urged bank workers to visit the resort to help prepare for “stress tests”.

“This resort adds richness to the tourism sector on a national level as well as to what the Algarve has to offer”, he said.

The Longevity Wellness Resort is the only five-star resort in the Monchique region, located in an area of protected land and currently boasting an occupancy rate of 30 to 40 per cent.

Monchique Mayor Rui André claims the new five-star hotel is “an important step forward for regional tourism” and “will bring a new era and new opportunities to the Algarve’s interior”.

Specialising in anti-ageing treatments, using the benefits of Monchique’s famous thermal waters, the resort is spread over an area of 36,000 metres and has been termed “the first anti-ageing medical spa in Portugal”, working in collaboration with the

Claude Chauchard clinic in Paris. (See also see Page 14).

In related news, State Secretary for Tourism Bernardo Trindade said that only in September could a fair assessment of the summer season be made due to the high number of late bookings being made.

Speaking to Lusa News Agency, Bernardo Trindade refrained from making a prognosis about the performance of tourism in the Algarve this summer, explaining that as the summer season is still just starting, late bookings could make a difference.

“We will still have a lot of late bookings so the evaluation of the summer will only be done in the month of September and not now, as we are still at the beginning of the season and late bookings will be relevant”, he said.

Minister Trindade did, however, say he was “optimistic” about the Algarve’s summer season, based on information passed on from local hotel associations.

“I can say that, based on information from my contacts with local businesses, I am reasonably optimistic that we will have as good a summer as we did last year, which was a good year”, he said, adding that occupancy rates during the summer of 2009 were “very good” given that it was in the midst of a global recession.

Photo above right: Economy Minister Vieira da Silva during a visit to Monchique on July 24th. (Photo: Lusa / Luis Forra)



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Tens of thousands of pupils transferred following school shut-downs

A reshuffling plan for the upcoming 2010/2011 school year that foresees the immediate closure of 701 primary school establishments and subsequent trans-

ferral of some 10,000 pupils has been deemed "concluded" by the Government and will be put into effect as of September.

When the new school year

commences in September around 10,000 children will be sent to new schools or replacement centres that may not necessarily be a definitive substitution.

The school network shake-up will include the closure of 701 primary schools, 200 more than initially predicted.

Earlier this week Education

Minister Isabel Alçada revealed that, of the 655 new school centres set to open, 100 will be ready to receive pupils in September.

The remaining 555 should be ready during the upcoming school year.

With the opening of 84 specifically-created 'management centres' designed to aggregate pre-school units from primary and secondary schools, the re-organisation of the network will be complete.

Of the 701 schools set to close, 384 are located in northern Portugal, 119 in Lisbon and Vale do Tejo, 32 in the Alentejo and 11 in the Algarve. A further two hundred schools with fewer than 20 pupils will close in the future.

It was announced in June that as of September around 500 primary schools with fewer than 20 pupils will gradually closed down as part of a Governmental school network reorganisation plan. A further 200 schools were later included in the plan.

Later that month the first closures were confirmed: two primary schools and a pre-school establishment in Condeixa-a-Nova.

This was followed by the Regional Democratic Party PSD/Algarve slamming the proposal to close 22 primary schools in the Algarve, some north of the A22/Via do Infante, others in municipalities that also contested the move.

According to a list published by the *Observatório do Algarve*, primary schools in Salema, Burgau and Barão de São Miguel (Vila do Bispo), Faro and Medronhal (Faro), Malhão,

Ribeira Alta and Pedreira (Silves), Livramento (Tavira), Azinhal, Odeleite and Junqueira (Olhão), Areeiro, Poço Novo, Clareanes, Cortelha and Querença (Loulé) are due to close.

In São Brás de Alportel the Almargens primary school was expected to shut down, along with other establishments in Vale D'el Rei (Lagoa), and Almádena and Espiche (Lagos).

The closure of a school in Marmeleiro (Monchique) is still under revision, while another in Alcoutim, which was initially expected to close, was left off the list after the transfer of students from the school was considered "inadmissible".

At present 11 school closures in the Algarve have been confirmed.

State secretary for Education, João Mata, said "Initially, around 55 schools will not open this September". He explained that only schools without minimum teaching conditions would be shut down.

Back in June Mr. Mata guaranteed that "pupils will only be disrupted if they can be sent to schools with better teaching and learning conditions to guarantee equal opportunities".

Other conditions that the Government determines as essential for a school remaining open are the existence of a "canteen, IT rooms, and rooms for teaching English and music".

In total there are currently 3,200 primary schools, of which 600 have less than 20 pupils.

In present-day Portugal there are approximately 470,000 children currently in primary school.



Education Minister Isabel Alçada visiting a school near Oporto on June 18th. (Photo: Lusa / Pedro Ferrari)



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EU initiates formal investigations against IBM



View of the entrance of the IBM Germany headquarters in Ehingen, Germany, 12 November 2009. The headquarters had been in Stuttgart - Vaihingen before it was moved to Ehingen. (Photo: EPA/Marijan Murat)



The European Commission has decided to initiate formal antitrust investigations against the IBM Corporation in two separate cases of alleged infringements of EU antitrust rules related to the abuse of a dominant market position.

Both cases are related to IBM's conduct in the market for mainframe computers. The first case follows complaints by emulator software vendors T3 and Turbo Hercules, and focuses on IBM's alleged tying of mainframe hardware to its mainframe operating system. The second is an investigation begun on the Commission's own initiative of IBM's alleged discriminatory behaviour towards competing suppliers of mainframe maintenance services.

Mainframes are powerful computers which are used by many large companies and government institutions worldwide to store and process critical business information. It is estimated that the vast majority of corporate data worldwide resides on mainframes.

In 2009 approximately €8.5 billion worldwide and €3 billion in the European Economic Area

were spent on new mainframe hardware and operating systems.

IBM is alleged to have engaged in illegal tying of its mainframe hardware products to its dominant mainframe operating system. The complaints contend that the tying shuts out providers of emulation technology which could enable the users to run critical applications on non-IBM hardware.

In addition, the Commission has concerns that IBM may have engaged in anti-competitive practices with a view to foreclosing the market for maintenance services (i.e. keeping potential competitors out of the market), in particular by restricting or delaying access to spare parts for which IBM is the only source.

The initiation of proceedings does not imply that the Commission has proof of infringements. It only signifies that the Commission will further investigate the cases as a matter of priority.

Vila Vita wins leading travel award

Vila Vita Parc in the Algarve has recently been named as the Best Resort in Portugal in the 2010 travel awards organised by Publituris, the country's leading travel trade publication.

The annual awards, recognised as the 'Oscars' of the Portuguese travel industry, are based on nominations from over 7,000 travel professionals in Portugal, including travel agents, tour operators and other top industry service providers.

The awards are then decided by a prestigious panel of judges from the travel industry. This year's panel included João Passos, president of the Association of Portuguese Travel Agents,

Miguel Judice, president of the Association of Portuguese Hotels, and two former Portuguese Ministers of Tourism, Vitor Neto and Luis Correia da Silva.

Set in 54 acres of sub-tropical gardens above the beach in Alporchinhos near Porches, Vila Vita Parc has 150 rooms and offers a range of luxury services and facilities, including Ocean, its Michelin-starred restaurant, a spa, butler service, and its own private yacht.

Renewable sources to provide 75% of Azorean energy "by 2018"

Renewable sources provided around 70% of electrical power on the Azorean island of Flores for the first quarter of 2010, and that may happen for 75% of the entire region's power as soon as 2018, Electricidade dos Açores (EDA, local power utility) CEO Roberto Amaral told Lusa News Agency on Monday.

EDA expects that by 2014 "close to 50%" of electric power consumed on all the Azores islands will come from renewable sources, with an expectation that "in the four years following, 75% will be reached".

The 75% target was set by the regional government of the Azores – a nine-island group in the Northern Atlantic, with a to-

tal population of 250,000.

EDA is hoping to increase its renewable energy production through investment in geothermal, hydroelectricity and wind power facilities.

Amaral also said he hopes that electric vehicles will be introduced on the archipelago, as 40% of Azorean fuel imports are destined for road consumption.

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BES bank preparing to move into Mozambique, South Africa



BES, Portugal's largest private bank, is preparing to buy a stake in a Mozambican bank, and is also considering expanding to South Africa, CEO Ricardo Salgado said on Monday.

"After Cape Verde, where [BES opened a bank] in early July, we're looking at Mozambique and South Africa, and it is likely that [expansion to] Mozambique happens first", Salgado said.

In Mozambique, BES wants to buy a stake in a local bank; the deal might be concluded before year's end. As for South Africa, "the model and the strategic approach for entering business and

investment banking are being studied".

Salgado spoke about expansion plans during a briefing on BES's results for the first six months of the year. Salgado claimed the bank obtained "positive results in almost every nation it operates in", noting profits in the UK (€41.4 million), Angola (€28.8) and Brazil (€10.4 million).

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PM inaugurates new Sines port facilities



Prime Minister José Sócrates on Tuesday inaugurated new facilities at Sines, another step in plans to make the southern Portuguese port a key Atlantic transportation hub.

Public Works and Transportation Minister António Mendonça announced the initiative on Monday, saying Mr. José Sócrates would also unveil plans for the first direct maritime link between Portugal and China.

He said the prime minister

would meet with Sines operators to discuss "all the potential" that will open to the port with the planned widening of the Panama Canal and the resulting impact on maritime traffic between the Atlantic and Pacific.

TPN/Lusa

EU clears extension of bank support measures in Portugal

The European Commission has announced that it has extended until 31 December 2010 its authorisation under EU state aid rules of the Portuguese bank guarantee and bank recapitalisation schemes.

The extended Portuguese guarantee scheme requires banks to pay higher premiums for the guarantees granted by the state.

This is to encourage banks to finance themselves without state support and to limit distortion of competition. The Commission has already extended under the same conditions its authorisation of bank guarantee schemes in Sweden, Germany, Austria, Latvia, Ireland, Spain, Denmark, The Netherlands, Slovenia,

Greece and Poland.

The scheme was initially approved on 29 October 2008 and is considered to be in line with its guidance on state aid to banks during the crisis and the recent adjustment of the rules for state guarantees, endorsed on 18 May 2010 by the EU Council of Economic and Financial Affairs Ministers on the phasing out of support measures for the financial sector.

The extended guarantee

scheme is well targeted, proportionate and limited in time and scope. It also includes higher premiums for state guarantees, thereby encouraging banks to refinance themselves in the markets without state support and limiting undue distortion of

competition.

The Commission has authorised the extension until 31 December 2010 of the Portuguese

recapitalisation scheme for credit institutions. The scheme was initially approved on 20 May 2009. The Commission found the

extension of the measure to be in line with its guidance on support measures for banks during the financial crisis.



Prime Minister, José Sócrates and Public Works and Transportation Minister, António Mendonça (2nd right), the administrator of the Port of Sines, Lídia Sequeira (2nd left) and the Mayor of Sines, Manuel Coelho (left) during a visit to the port's terminal XXI on July 27th. (Photo: Lusa / José Sena Goulão)

Telefónica and PT reach agreement on Vivo sale

Spain's Telefónica announced Tuesday a "preliminary agreement" has been reached with Portugal Telecom on the sale of PT's stake in Brazilian mobile operator Vivo, and PT will reportedly acquire a minority stake in Vivo's competitor Oi.

Telefónica sent a message to

Spain's market regulator revealing it has agreed to buy PT's 50% stake in Brasilcel, the holding company that controls Vivo. No figures were announced, but the *Wall Street Journal* reports that Telefónica upped its bid from €7.15 billion to €7.5 billion.

Telefónica and PT were em-

broiled in a protracted fight over control of Vivo. Its €7.15 billion bid had been accepted by a majority of PT shareholders in late June, but the deal was blocked by the Portuguese government, despite European Commission criticism of its "golden share" powers.

The Portuguese government's main concern about the Vivo deal was that PT's "strategic interests" in Brazil would be harmed. Such fears might be allayed if PT enters another Brazilian mobile operator, Oi.

According to Bloomberg, Brazilian company TeleNorte should remain the controlling shareholder in Oi, with PT acquiring a minority stake.

Brazilian newspaper *Folha de São Paulo* had reported President Luís Inácio "Lula" da Silva had mediated negotiations between PT and Oi. A source in Lula's cabinet denied the report, claiming the President "will not intervene in any private deals".

The Telefónica/PT agreement on Vivo has yet to be approved by both company's boards. If it goes through, the Spanish company would become the sole controlling shareholder in Vivo.

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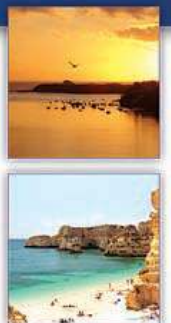
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www.monarch.co.uk until the end of October 2011.

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Passengers travelling on scheduled flights can also avoid the queues at the airport and take advantage of online check-in which is available between seven days and 4.5 hours prior to departure.

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Longevity Wellness Resort opening attended by representatives of both government and tourism



Pictured L to R: Luís Palmeirim, Bernardo Trindade, José Vieira da Silva, Isilda Gomes, Nuno Aires, Nazir Sacoor.

The first 5 star resort specialising in longevity treatments and ageing management was officially inaugurated last Saturday, 24th July, with a ceremony that was attended by 400 people, including the Portuguese Ministry of Economy, Innovation and Development, Mr. José Vieira da Silva; the State Secretary of Tourism, Mr. Bernardo Trindade and the CEO of the Longevity Group, Mr. Nazir Sacoor.

The ceremony was also attended by the State Secretary of the Ministries Council, Mr. João

Tiago Silveira; Faro's Civil Governor, Mrs. Isilda Gomes; the President of Portugal's Tourism, Mr. Luís Patrão; the President of Algarve's Tourism, Mr. Nuno Aires and the Mayor of Monchique, Mr. Rui André.

All of them highlighted the strong investment made in the Monchique region and the investment made on a brand new and innovative concept in Portugal – health and longevity tourism – and approved the strategy to develop and promote another side of the Algarve, more focused

on well-being and in contact with Nature.

Longevity Wellness Resort is located in the centre of Serra de Monchique, 20 minutes from the city of Portimão, and offers its guests a list of relaxation and detox programmes planned in accordance with its exclusive partnership with *La Clinique de Paris*, founded by the world specialist in longevity treatments, Dr. Claude Chauchard. Although the resort has only now been inaugurated, its doors have been open to the public since March 2010, already employing 76 people, 28% of them Monchique locals in a deliberate effort to promote local employment.

The Longevity Wellness Resort inauguration party was brightened by the performance of the Portuguese Fado singer, Mafalda Arnauth. Some of the VIP figures, also present: Liliana Campos, Ana Borges, Paula e

Carlos Xavier, Raquel Prates, João Murillo, Sarah Stillwell and the British TV presenter, Jasmine Harman.

For booking and more information visit: www.longevitywellnessresort.com, Tel. 282 240110 / 800240110 or E-mail: reservations@longevity.pt.



A view of the swimming pool.

As Aves Smokehouse, Deli & Restaurant

Fragrant wood smoke is rising in Ladeira do Vau now that John Ketley (formerly of Fumeiro do Algarve) is situated in As Aves Restaurant.

Using the finest raw ingredients, John smokes all his own produce in the traditional manner, firstly salting - using organic salt from Tavira, then smoking using wood chippings from a Port barrel naker in Porto. His Smoked Salmon is renowned along the Algarve as being the most "delicious smoked salmon ever tasted".

His motto is that he will smoke anything but cigarettes! He has smoked produce for the Gastronomique Chefs of the Algarve and sent his first ever side of Algarve Smoked Salmon to the British Ambassador up in Lisbon, almost 18 months ago.

Now, he wants people to come along and see what he does, try his produce in the restaurant or

take away to eat at home. His wife, Sue and two of their daughters, Kirsty and Olivia, are joining him in this new venture - they took over mid July and their innovative menu is mainly based on their own smoked produce. Whilst in the UK their passion for quality food over the numerous years in the restaurant industry gained them various accolades along the way.

So, whether you want lunch, coffee and home made cake or just to chat with John over a beer about what he does, then go along and see them. Their opening hours (for the summer) are Tuesday – Friday 9.30am - 3.30pm; Saturday 9.30am – 1.30pm and Sunday lunch on the first Sunday of each month. See their website for more information and their current product list at: www.asavesalgarve.com or contact John via e-mail: jk@asavesalgarve.com or tel. 914522079.

Forlive Interiors open new showroom



Founded in 2008 ForLive's main activity is based on interior design projects. These projects boast originality blended with good taste and the ability to combine different styles. Numerous projects have already been carried out. ForLive also specialises in furniture retail and sells individual pieces for decoration and design.

The new showroom covers approximately 350 square metres, divided into real size rooms, including living rooms, kitchens, children's and adults' bedrooms, bathrooms, etc.

Working with only the best national and international brands, ForLive reconciles classic styles with modern styles via a selection

of carefully handpicked items of furniture, lighting, and other fixtures and furnishings to complement any part of a home.

Serving clients throughout the islands, the items are tailored to the local climate, with deliveries being made on time, with a customer service that will exceed even the most demanding clients' expectations.

ForLive interiors will be opening their new showroom in Ponta Delgada in the Azores this Friday, July 30th, at 7pm. For more information, see website: www.forliveinteriores.com, tel.: 296 709 010/11/12/13 Fax: 296 708 910, or e-mail: geral@forliveinteriores.com / elsa@forliveinteriores.com.

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‘Low Cost’ shops attracting cash-strapped consumers



After no-frills airlines burst onto the scene to revolutionise the travel industry, other high street establishments are emerging and also applying the low-cost technique, in an effort to stimulate business and survive the crisis.

Competitive prices, a streamlined image, ‘no-brand’ products and no added extras are at the core of the cost-saving concepts, all of which have been applied at the first low-cost establishment to hit the Algarve’s high streets, the ‘easyCut’ hairdressing salon, in Faro.

‘easyCut’ is in fact the first low-cost hairdressing chain in Portugal, a brand that originates from Spain. Inside salons there is no complimentary coffee or tea, no magazines, and no hidden

costs. Salons work on a ‘no-appointments’ system and treatments have competitive, one-off base prices.

For example, a ladies’ cut has a base-price of €10 and takes around 20 minutes. Clients are told before the cut how much the overall treatment will cost.

“We offer the most accessible prices on the market”, said Duarte Brito Figueira, one of the four partners responsible for ‘easyCut’ in Portugal. Describing the clientele, Duarte Figueira

added “We have people with higher spending power who use the salon once or twice a week as well as people with less [money] who come to us for more technical work”.

In total, easyCut estimates it caters for an average of between 20 and 30 people every day.

Low-cost alternatives are also emerging from within the accommodation sector, with establishments such as the ‘Low Cost Inn’, in the centre of Faro, offering an affordable place to stay while visiting the Algarve.

Once a family-run B&B, the Low Cost Inn recently transformed itself into a popular hostel used by young travellers from all over the world.

“In past years we suffered large drops in demand, but since we changed the name we have not stopped working”, said the Inn’s owner, Nasser Hussien.

After adopting a more modern image and logotype, slightly dropping their prices and integrating with hostel networks on the Internet, the Hussien family now claim the hostel is full “even in winter”.

During the summer a bed in a shared room costs €15, but those who would rather have more privacy can also rent a room with a private bathroom for €50. Both include a locker and free Internet 24 hours a day.

EU opens accession negotiations with Iceland

The first intergovernmental conference on the accession of Iceland to the European Union was held in Brussels on Tuesday, formally opening accession negotiations with the country.

The Belgian Presidency delivered the EU Negotiating Framework, which outlines the principles, substance and procedures guiding the negotiations with Iceland, thus paving the way for the upcoming accession talks between Iceland and the EU.

Enlargement and European Neighbourhood Policy Commissioner Stefan Füle said: “The opening of accession ne-

gotiations today marks a new chapter in the history of our relations with Iceland. Accession should be a win-win situation for both sides. For Iceland, it will mean economic and monetary stability and a voice at the EU decision making table. For the EU, it will mean we become stronger in dealing with the Arctic region, especially in areas such as renewable energy and climate change.”

Portugal warns against ‘isolated’ travel in Sahara after terrorist killing



Foreign Minister Luís Amado has advised Portuguese tourists to avoid travelling alone into the deep Sahara following the assassination of a French national hostage by Islamic extremists.

“What happened to this French citizen could happen to any European”, Minister Amado said on Monday in Brussels, the day after the terrorist organisation Al Qaeda in the Islamic Maghreb announced it had executed Michel Gernameau.

The killing, he said, underlined that the extremist group’s “enemy” was “the West”, without discrimination.

Minister Amado said North Africa’s Maghreb nations offered “secure conditions for tourism”, but that “isolated adven-

tures into the desert” should be avoided.

Portugal has made increased diplomatic and business relations, including tourism, with the Maghreb nations an economic and diplomatic priority.

TPN/Lusa



Following in the steps of low cost airlines, the concept is showing up in other businesses such as the Low Cost Inn in Faro. (Photo: Lusa / Luis Forra)



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Madeira Governor Alberto Joao Jardim celebrates during the traditional PSD festival in Chão da Lagoa, Funchal on June 25th. (Photo: Lusa / Homem de Gouveia)

Madeira governor defends crucifixes in classrooms



Last Wednesday the regional government of Madeira signed a protocol stating that crucifixes would be allowed to remain on display in schools throughout the autonomous Islands as there were "no reasons to remove them".

However, the Association for the Republic and Laicity contested the decision and asked the Portuguese Minister for Education to "put paid" to "situations that favour lax views or are a direct challenge to the Constitution of the Portuguese Republic".

Despatch number 17/2010, published last Wednesday in Madeira's *Jornal Oficial da Região* newspaper stated that "Madeira should not have to agree with the so-called 'eurosclerosis', which is characterised by an attack on values that support European civilization, also a consequence of ongoing auto-denominated post-modernisms".

It considers it "impossible, from a culturally realistic point of view, and given pedagogical and educational needs, to imagine Europe and Portugal without basic Christian fundamentals" and that "therefore, the laicity of the State is not minimally damaged by the presence of crucifixes in schools".

In Madeira the Church is, after football clubs, the entity that most benefits from Government subsidies.

In response, the Association

for the Republic and Laicity has asked for "more urgent than ever" intervention from the Minister of Education, highlighting that the Portuguese Constitution stipulates that "Churches and other religious communities are separate to the State" and that "Public education is not confessional".

It referred to decisions from the European Prosecutor for Justice as well as the European Human Rights Court which both pronounced their opposition to religious symbols being displayed in classrooms.

Back in June, Lisbon's Cardinal Patriarch José Policarpo urged Portuguese authorities to respect community values and avoid the "exaggeration" shown in Italy by the banning of crucifixes in schools.

"The existence of crucifixes in schools is an issue that should be viewed within the framework of

respect" for local communities, Dom Policarpo said.

The cardinal noted that throughout history neither had the Portuguese Catholic Church "demanded" the presence of crucifixes in schools nor had government "banned" their existence.

Underlining that "the religious dimension" was part of predominantly Catholic Portugal's culture, he said the presence of crucifixes in classrooms was the result of "spontaneous" decisions by "local communities", a dynamic that should continue to be respected.

The cardinal urged authorities not to be as overzealous as he suggested had been the case in Italy recently where court decisions led to a ban on crucifixes in schools.

In recent years, Lisbon's Socialist administration has liberalised divorce and abortion laws, and parliament recently approved a gay marriage bill.

EU population tops 500 million

According to figures released this week, on 1 January 2010, the population of the EU27 was estimated at 501.1 million, up from 499.7 million 12 months earlier.

The population of the EU27 grew by 1.4 million in 2009, an annual rate of 2.7 per 1000 inhabitants, due to a natural increase of 0.5 million (+1.0%) and net migration of 0.9 million (+1.7%).

Compared with 2008, the demographic situation in 2009 in the EU27 is characterised by a slight decrease in the crude birth rate and a constant crude death rate, while net migration fell

more significantly.

The population of the Euro Area (EA16) was estimated at 329.5 million on 1 January 2010, compared with 328.6 million on 1 January 2009.

The population of the Euro Area grew by 0.9 million in 2009, an annual rate of +2.7%, due to a natural increase of 0.3 million (+1.0%) and net migration of 0.6 million (+1.8%).

Figures from Eurostat.

Saramago's widow seeks Portuguese citizenship, moving to Lisbon

The Spanish widow of Portuguese Nobel literature laureate José Saramago has requested Portuguese citizenship and plans to move to Lisbon later this year to head her late husband's foundation, Pilar del Rio said Monday.

"I want to belong to my husband's country", del Rio, a journalist, told Lusa News Agency, adding that she had requested naturalization about two weeks ago.

She said she planned to move to Lisbon in September, a decision she said she had discussed with Saramago many times.

Del Rio said she hoped the

Saramago Foundation, headquartered in Lisbon's historic Casa dos Bicos, could be opened to the public next year. No decision, she added, had yet been taken on the future of their home in the Canary Islands.

Saramago died at age 87 last June 18 at their home in Lanzarote.

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Proposal to shift national holidays squashed



A proposal to shift the dates when most Portuguese national holidays are celebrated was squashed last Thursday by a majority of Socialist MPs in parliament.

The proposal, which had been presented by two Socialist MPs, meant to shift national holidays towards Mondays or Fridays when they occurred on other workdays. The goal was to prevent what the Portuguese usually refer to as “bridges” – the practice of skipping work on Mondays or Fridays when holidays fall in the middle of the week.

MPs Teresa Venda and Rosário Carneiro argued that this would increase the nation’s productivity; their proposal only excluded Christmas and New Year’s Day.

Portuguese national holiday are fixed to a specific day – e.g. April 25 (celebrating the 1974 revolution) or June 10 (day of Portugal).

The proposal was rejected by an “overwhelming” majority of Socialist MPs in a meeting of their parliamentary group.

Portugal currently has 14 public national holidays per year.

It recently emerged that Por-

tugal’s 14 national holidays – which is three more than the average number of national days of rest in most other EU countries – are calculated to cost an estimated €37 million each, setting the nation back by some €111 million per year.

Every year around €111 million is lost in direct spending when the population takes a day off, shops close, and services grind to a halt.

This amount was calculated by Luís Bento, a professor of Human Resources at the School of Business and Management, part of Lisbon’s Autonomous University (UAL).

Therefore, in the expert’s opinion, the three days extra should be removed from the calendar as national holidays, a theory also supported by MPs Maria do Rosário Carneiro and Teresa Venda.

Between national holidays and bridges, the Portuguese nation takes off a total of 22 days,

not including annual holidays – hence the growing number of calls for national holidays to be moved on to the day of the week closest to the weekend – a Friday or a Monday.

While such a swap had been pencilled into Portugal’s existing Work Code, it now seems unlikely that it will be drafted into the nation’s legislation.

However, if to some national holidays equal a lack of productivity and revenue, to others they are a welcome break.

Another specialist on the matter, Luisa Oliveira, recently warned about the negative impact that eradicating a national holiday could have on workers’ motivation.

“Eliminating holidays and breaking a long-standing workers’ tradition is, as a general rule, perceived by the large majority of workers as a sort of punishment, and that could result in a certain demotivation”, she explained.

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Prime Minister José Sócrates greets MP Maria Rosário Carneiro during a meeting in Obidos in 2007. (Photo: Lusa / Paulo Cunha)



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ETA suspect to appeal against extradition



Suspected ETA member Garikoitz García Arrieta has been extradited from Portugal to Spain but will appeal to Portuguese authorities, his attorney José Galamba told Lusa News Agency.

García Arrieta, 31, was arrested in Torre de Moncorvo (Northeast Portugal) in January. He was delivered to Spanish authorities at the Badajoz border control last Friday.

Attorney Galamba claims the Portuguese court that issued the extradition order acted "hastily and irregularly", and vowed to ap-

peal. He also claimed there have been "political pressures" over the Portuguese court system in trials connected to suspected ETA (a Basque separatist organisation) members.

García Arrieta was indicted in Portugal for the crimes of car theft and terrorism.

TPN/Lusa



Suspected ETA member Garikoitz García Arrieta (2nd R), who was arrested on January 9th in Portugal, is escorted by Portuguese police moments before his extradition to Spain on the Caia/Elvas border on June 23rd. (Photo: Lusa / Nuno Veiga)

Former Portuguese governor Almeida e Costa dies

Vasco de Almeida e Costa, who led the Portuguese administration of Macao between June 1981 and May 1986, died on Sunday in Lisbon, on the eve of his 78th birthday.

Almeida e Costa, a Navy officer, was Portuguese Minister for the Interior between 1975 and 1976 and, for a brief period in mid-1976, held the post of interim prime-minister.

He was appointed as the 134th Portuguese governor of Macao in 1981.

During his 5-year term, he launched significant construction projects, including the international airport.

"His work in Macao was remarkable", Colonel Amaral de Freitas, a friend, told Lusa News Agency.

TPN/Lusa

CPLP "must go further" in building common citizenship – President



The Community of Portuguese Language Countries (CPLP) "must go further" in building a common citizenship and engaging civil society, Portuguese President Anibal Cavaco Silva said Friday at the opening of CPLP's Luanda summit.

"We must go further in answering our citizens' expectations", Cavaco Silva said. "I'd like to note progress made in negotiating a convention for CPLP citizen status, and I hope we may conclude it soon."

"Our community must become more and more a citizenship project, in which our citizens are involved and engaged", Cavaco Silva said.

Portugal handed over the organisation's presidency to Angola during the Eighth CPLP heads of state summit, which took place last Friday in Luanda.

The President added the "credibility" of the CPLP depends on its members "coalescing through their bonds, principles and values".

Cavaco Silva did not directly allude to Equatorial Guinea's bid to join the organisation.

The bid has become controversial due to the Malabo re-

gime's poor human rights record. Critics claim the Guinean dictatorship is incompatible with CPLP's core democratic values.

The Portuguese President spoke of the "growing international interest" for CPLP, highlighting that such interest "is obvious in the number and importance of organisations and countries that follow or want to follow" the organisation.

He referred to the "principles and values" that "define the nature and personality of our community, and that have had the utmost importance in maintaining credibility and recognition in the 14 years" since CPLP was created.

Equatorial Guinea's membership bid was registered, but was not debated at last Friday's summit. Guinean President Teodoro Obiang Nguema is attending the summit.

TPN/Lusa

Portugal "concerned", "closely following" Colombia/Venezuela rift

Portugal's government is "concerned" about the crisis between Colombia and Venezuela, and is "closely following" developments, Portuguese Foreign Minister Luís Amado has told Lusa News Agency.

Venezuelan President Hugo Chávez announced last week the severing of diplomatic relations with neighbouring Colombia, enraged by Colombian claims that Venezuela hosts and protects FARC and ELN guerrillas.

"[Venezuela and Colombia] are two of Portugal's allies in the Iberian-American community, and we are concerned to see them currently in conflict, given the particular interests we have in that region", Amado said.

"Latin America is a priority in Portugal's diplomacy", the Foreign Minister said, speaking at the CPLP heads of state summit in Luanda. "We're closely following developments, not only because we have a very large Portuguese community in Venezuela but also because we believe that diplomatic measures by regional organisations will be [needed] to settle the conflict." TPN/Lusa

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Climate Change: The Last Resort



US Senate Majority Leader Harry Reid (R) and Senate Banking Committee Chairman Christopher Dodd (L) respond to questions from the news media during a press conference on 15 July 2010. (EPA/Shawn Thew)

It may seem premature to talk about last-ditch measures to deal with runaway climate change, but Ben Lieberman has it right. Lieberman, an energy expert at the Heritage Foundation, a Washington think-tank, responded to the news that the US Senate will not pass any climate legislation this year by saying: "It's pretty clear that no post-Kyoto treaty is in the making — certainly not in Cancun, and maybe not ever."

The Cancun meeting next December is where the optimists hoped to untangle the mess left by last December's abortive climate summit in Copenhagen and create a new treaty to replace the Kyoto accord, which expires in 2012. It was always a slim hope, but the US Senate has decisively crushed it. Big Coal and Big Oil win again.

The US Senate is one of the more corrupt legislative bodies in the Western world, so this comes as little surprise. Few senators take direct bribes for personal use, but very many believe that they will not win re-election unless they accept cash donations from special interests like the fossil fuel industries. Taking the cash obliges them to vote in defence of those interests: pity about the public interest.

As Senate majority leader Harry Reid put it: "We know that we don't have the votes." The Democrats control fifty-nine out of a hundred seats in the Senate, but some of their more vulnerable members have been picked off by the fossil fuel lobby, so there will be no serious climate legislation in the United States before the mid-term Congressional elections in November. And it's not going to get better after November, according to current forecasts.

The likelihood that the Democrats will emerge from the November Congressional elections with a bigger majority in the Senate is approximately zero. The probability is that the balance will tilt the other way, perhaps a little, perhaps a lot. Either way, that means that there will be no climate legislation in the United States until after the next Congressional election in November, 2012.

Maybe President Barack Obama will be back in office in early 2013 with a bigger majority in the Senate, but that's the earliest that we can hope for any legal US commitment to cut its emissions — and it's far from sure even then. Until the United States makes that commitment, you may be sure that none of the rapidly growing economies like China, India and Brazil will make it either. So the climate goes runaway.

Not right away, of course. We won't actually reach the point of no return (+2 degrees C higher average global temperature) until the late 2020s or the early 2030s. But we will be COMMITTED to that outcome much sooner, because with every year that passes, the cuts that we would need to make to hold the temperature below that level become deeper. Eventually, in practice, they become impossible to achieve.

Before the current recession, global emissions of greenhouse gases were growing at almost 3 percent per year, and they will certainly return to that level when the recession ends. To come in

under +2 degrees C of warming, we need to be reducing global emissions by at least 2 percent by 2012: a total cut of around 5 percent each year, assuming that economies grow at the same rate as before.

That would be hard to do, but not impossible. However, as the years pass and the emissions continue to grow, it gets harder and harder to turn the juggernaut around in time. On the most optimistic timetable, there might be US climate legislation in 2013, and a global climate deal in 2014, and we really start reducing emissions by 2015.

By then, we would need to be cutting emissions by 5 or 6 percent a year, instead of growing them at 3 percent a year, if we still want to come in under +2 degrees C. That's impossible. No economy can change the sources of its energy at the rate of 8 or 9 percent a year. So we are going to blow right through the point of no return.

Plus two degrees C is the point of no return (and every government has recognised it as such) because after that the additional warmth triggers natural processes that speed the warming. The permafrost melts and emits enormous amounts of greenhouse gases. The warming oceans lose their ability to absorb carbon dioxide. After that, just cutting human emissions won't stop the warming. Runaway.

The only way to avert that disaster that currently offers any hope is geo-engineering: direct intervention to hold the actual global temperature increase below 2 degrees C, no matter what happens in the short term to the concentration of greenhouse gases in the atmosphere.

There are various suggestions on the table. Maybe we could create a kind of sunscreen in the stratosphere by putting some sulphur dioxide gas up there. Maybe we could thicken up the clouds over the ocean so they reflect more sunlight. Maybe, maybe, maybe. But nobody has done serious field trials of these techniques, and it's high time that they started. We are probably going to need them.

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Two charged in Freeport case, no Gov't officials named



Two persons have been charged in connection with the Freeport case, Portugal's Criminal Investigation Department (DCIAP) announced this week.

DCIAP did not reveal either the names of the accused or the charges; however, Portuguese media identified the accused as Charles Smith and Manuel Pedro, of consulting firm Smith & Pedro, and say the charges are for "attempted extortion".

The case began in 2002 with suspicions of bribery and corruption in the licensing process for the construction of the Freeport shopping outlet in Alcochete located on the southern margins of the Tagus River.

The Freeport investigation became extremely controversial in Portugal as the Environment Minister who signed off on the licensing process was José Sócrates, currently the Prime Minister. Two of his relatives were investigated in connection with the Freeport case.

The initial list of "arguidos" – potential defendants if official charges were pressed – included five people besides Pedro and British citizen Smith. Two of those five worked for an environmental state agency, and another

was the mayor of Alcochete. None of them have been charged, Portuguese press reported this week.

In response to the news, Portuguese Prime-Minister José Sócrates claimed the conclusion of the Freeport investigation reveals that he was the target of "slander, falsehood and injustice".

"I always said that truth would rise", Sócrates said in a statement read Tuesday evening to journalists. "It is now clear to all well-meaning Portuguese citizens the amount of slander, falsehood and injustice (...) frequently with a single goal: to politically and personally attack me".

"[The judicial authorities] concluded no irregularities occurred in licensing the Freeport venture. Naturally, I'm not surprised by this, since, as I had always argued, the licensing complied with all legal rules and regulations", Prime Sócrates said, adding: "I hope this is the last time I have to talk about this issue." TPN/Lusa



Prime Minister José Sócrates speaks during a press conference, regarding the Freeport case, at S. Bento Palace. (Photo: António Cotrim/LUSA)

Dozens of ducks found dead on Jamor River



Several dozen ducks were found dead on the Jamor River in Queluz, Sintra, last week, though according to human rights association Olho Vivo, the cause of their deaths is not known.

Flora Silva, president of Olho Vivo, told Lusa News Agency that after the gruesome discovery local veterinary services, a fire and rescue brigade, SEPNA Nature Protection Association and local GNR officers were called in to collect the dead animals.

"Various dead ducks were found in the early hours of the morning on the Jamor River, near

the Felício Loureiro Park. Two months ago there were 125 ducks in that area, now there are just two", she said.

Flora Silva said the ducks' deaths could have been caused by poisoning or harmful discharges into the river.

"We are worried because this river sustains a wide variety of fauna and beside the ducks there

are woodcocks and other species. We don't know yet whether something was discharged into the river or whether it was a poisoning".

A SEPNA spokesperson confirmed to Lusa that the GNR were investigating.

A source from the PSP guaranteed that Sintra's veterinary services were carrying out toxicology tests to determine the cause of

death.

Meanwhile, the Sintra veterinary services are also investigating the appearance of dozens of dead ducks on the Quatro Caminhos Lake, in Aqualva-Cacém, on Monday.

The location is 10 kilometres from the Jamor River, raising suspicions that the animals were poisoned.

Setúbal's Moscatel amongst top ten in world

The Setúbal Moscatel from Venâncio da Costa Lima has recently been nominated to the top ten Moscatel's of the world, in the Muscats du Monde competition.

The Moscatel producer, based in Quinta do Anjo, in Palmela, is a family run business that has been passed on through several generations, having only recently decided to enter competitions.

"We invested in a sustained growth and chose the competitions in which we wanted to present our wines" explained oenologist

Joana Vida, adding that the Venâncio da Costa Lima Moscatels have been awarded prizes in all of the competitions in which they had participated so far.

This year, besides the gold medal conquered with the Setúbal DOC Moscatel, Venâncio Costa da Lima has also won a silver medal in the Challenge International du

Vin, with its 2003 Reserva.

The prized Moscatel has been awarded so many prizes due to its unique characteristics. The wine "presents the aromas of a young batch, it is very fruity and its smell is intense" said Joana Vida, adding that the Moscatel can be identified by its honey and orange flavour, making it a very well balanced wine.

Girl (14) cleared to sail solo from Lisbon around the World

Laura Dekker, fourteen, is soon to embark on a voyage to hopefully become the youngest person ever to single-handedly circumnavigate the globe. She has been afforded this opportunity after a Dutch court ruled that child care authorities no longer need to supervise the teenager. She intends to depart from Portugal within the next two weeks.

Laura Dekker was placed under supervision by Dutch child care authorities after she publicly announced she was preparing to set off on the challenging voyage at the age of thirteen. Officials considered the plans too dangerous and the young girl was prohibited from departing.

A court ruling this Tuesday has

cleared the now fourteen year old to embark on her voyage, requiring only the consent of her separated parents, which they have already given. She intends to depart from Portugal within the next two weeks. Child care officials requested the prohibition to be extended yet another year, and can still appeal the court's decision.

Despite the prohibition, Dekker has recently been studying hard in order to be prepared for all the adversities she might face, such as stitching her own wounds, coping with sleep deprivation and all the other risks involved in these endeavours.

With the help of supporters, Dekker has equipped her 11.5

metre yacht with modern navigation and safety equipment, as well as meticulously planning her almost two-year route around the world.

Australian Jessica Watson is currently the youngest person to successfully sail solo around the world, having spent 210 days at sea in her 10 metre yacht, facing raging storms and massive waves during her voyage.

Solo circumnavigating does involve great risks, as was verified in June this year, when 16 year old Abby Sunderland had to be rescued by an emergency team 3,200 kilometres from the west coast of Australia after a rogue wave snapped the mast of her yacht.

Woman dies in blaze

An elderly woman died in Ajuda, Lisbon, last Monday, as she was unable to escape from a blaze in her apartment block.

Lisbon's fire fighters were called to the apartment block in Ajuda at 22h35 on Monday night. On arrival, the flames had already engulfed the entire third floor of the building, with the fire fighters finding the woman unconscious on the building's staircase.

Despite several efforts to revive her, the woman was pronounced dead at the scene.

Fifteen fire fighters, supported by four vehicles, managed to extinguish the fire by 22h56. The cause of the fire is still unknown.

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High seas expedition – exploring the mighty love of God!

Try telling a youngster aged between 5 and 13 that for the next 5 days they would have a really fantastic, energetic and fun filled time at a Bible Camp - and they may not believe you!



But that's exactly what happened last week at the **High Seas Expedition** presented by All Saints Anglican Church Algarve in Almancil.

Over 65 children, and 35 adults took part in the camp, designed to

explore the mighty love of God, led by Youth Leaders who had jetted in from as far afield as Florida, Belgium, Germany and the UK.

The days were jammed packed with Adventures at Bible Voyages, Ship Wreck Games, Clipper

Crafts, Sail Away Cinema, Goodies from the Galley, Spotlight Drama, high energy singing and dancing at Sing & Play Splash and much, much more, all based around the theme of sailing a Vast Voyage on the High Seas.

This is the 6th Annual Summer Bible Camp presented by All Saints Anglican Church and in addition to the children who eagerly look forward to the Camp every year there were many, many new excited faces.

Jo Blackman, Camp Director said "The concept of our Summer Camp is to tell the children of God's overwhelming and steadfast love for them in a fun and memorable way. Many of the children who attend have not and may not ever set foot in a Church but for 5 days every summer we can pass on a message which we hope will impact on their lives. We thank São Lourenço International School for allowing us to use their premises as our venue and I am truly grateful for the help and support of all the willing workers and members of the Congregation that made this Camp possible. It was a truly life changing experience."

For more details about All Saints Anglican Church or details of the regular Childrens Programme contact 282 380 311 or visit www.allsaintsalgarve.org

New car parks open in Lagos



Two new underground car parks were officially opened in Lagos last weekend, providing a further 876 spaces for the city. Drivers will be charged reduced fares during the car parks' first year in operation.

The new car parks cost a total of €15million to build and are part of the Polis renovations project for the city.

The new riverfront car park, built underground with a capacity for 480 cars, allowed the council to renovate the entire Constitution Garden, with the former Caravel Pier now in full visibility. New leisure areas have also been built, with the promenade above the car park with bars and restaurants expected to be in place by next year.

The other car park, located just outside the ancient castle walls in the centre of the city, provides parking for 396 vehicles. New nearby amenities include leisure areas, walking paths, children's parks, a garden area and restaurants.

According to Lagos Mayor, with these two new structures, the city centre and historic area now provide

around 2,600 car parking spaces. "They are structures that alleviate the high demand for parking during the high season and, at the same time, ease residents' access to the city centre, where most of the local shops are located" said Júlio Barroso, adding "This new development makes the city more modern, without hiding its historical features, and more accessible, not only for its inhabitants, but also for the many tourists."

During the first year, the car parks will be offering reduced rates to motorists, with the first hour costing €0.60. In the city centre's car park, people are charged €0.80 from the second hour on, whilst at the riverside car park it is slightly pricier at €1.25, expected to reduce to €1.00 in the winter.

Special prices will be offered to local residents and retailers, varying between €35 and €90 per month.

Algarve and Azores rattled by earthquakes

A small earthquake shook the Algarve last Sunday night, at around 9.25pm, measuring 4.0 on the Richter scale. Hours later, another earthquake struck the Azores islands, with a magnitude of 4.1.

According to the Met Office, despite the violent tremors, no damages were reported in either location the earthquake being considered of 'light' intensity on the Richter scale. The seismic activity that was felt most in Faro and Loulé took place at 9.24pm on Sunday night, with the epicentre 90km south of Olhão. The earthquake in the Azores was slightly stronger, with Pico island

feeling the brunt of the tectonic plates' movements most. This earthquake took place at 02h32 local time (03h32 GMT), in the early hours of Monday morning.

These light earthquakes are estimated to occur around 6,200 times a year across the globe, with their effects rarely causing any significant damage, apart from noticeable shaking of indoor items and rattling noises.

Thinking of getting married in the Algarve?



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Vila do Bispo Vodafone Urban Downhill



The second stage of the 2010 Urban Downhill Portugal Cup took place at Vila do Bispo last weekend, with Paulo Domingues reinforcing his lead by winning the second event in a row. The 2009 winner of the mountain bike Portugal Cup has his sights on yet another title this year with victories in the first two events.

After winning the inaugural event of the Urban Downhill Portugal Cup in Sesimbra, on May 30th, Paulo Domingues had a cautious first descent last weekend, with Rui Cabrita beating him by a mere 83 hundredths of a second in the first timed descent. However, in the final run of the day Domingues gave it his all, taking great risks on the slippery cobblestones down the western Algarve village. As they say, fortune favours the bold, and despite Cabrita bettering his own time, Domingues managed to end his final run with a one and a half second advantage over his closest rival.

Rui Domingues won the Juniors category, beating Francisco Silva and Leonel Henrique in what was a very evenly-matched contest, with less than one second separating the top three. The Veterans A category was also tight, with the first three (Tiago Grácio, Miguel Santos and Hugo Manteigas) being de-

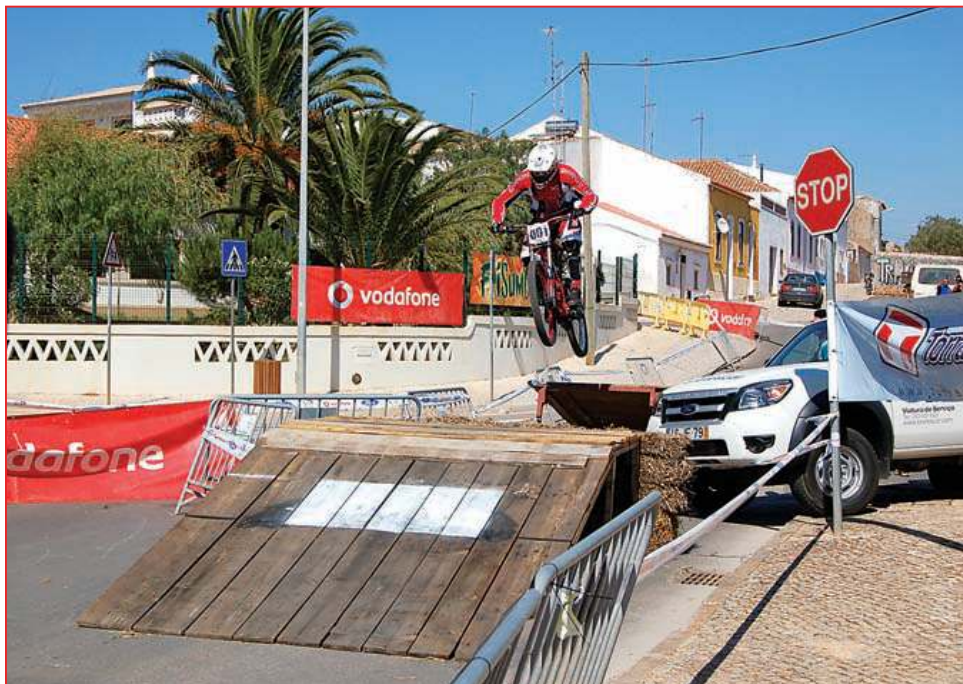
cided by less than half a second between them.

It was the first time Vila do Bispo hosted an Urban Downhill event and, despite the lack of steep hills, participants were challenged by the technical track, which had several jumps and required the athletes to maintain speed in the tighter sections.

This event was organised by 'Downstream' and supported by Vila do Bispo council and the 'Crows of S. Vicente' motorcycle club.

The next Urban Downhill Portugal Cup race takes place in Viseu on August 29th.

One of the competitors jumping over an obstacle during his timed run in the Portugal Cup Urban Downhill event in Vila do Bispo. (Photo: supplied by Vila do Bispo council)



Four arrested in Silves



The GNR arrested four drivers in Silves during a roadside operation last weekend. In Portimão, the PSP found a stolen car at the Portimão Marina.

A total of 19 GNR officers pulled over 175 vehicles in the early hours of Saturday morning, fining nineteen drivers for contravening the Highway Code, four of whom were arrested.

Portimão's PSP announced that a man was robbed at Portimão Marina on the same weekend, with the assailant stealing the victim's car and

digital camera. The car was found shortly after the case was reported.

The PSP added that a driver was pulled over by officers on the António Vicente de Castro road, in Portimão, on Saturday afternoon for driving under the influence of alcohol. The man's blood alcohol level was of 2.76 g/L, more than five times over the legal limit.

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Make your house a home



Christine and Graham Pippett, owners of Furniture World, have been in the furniture business for over 23 years, having previously owned 20 furniture stores throughout the southwest of England.

Following an offer they could not refuse, they decided to sell up and move to Portugal, where they had been visitors for the past 15 years. They opened their furniture store on the EN125 just on the edge of Lagos after having been struck by the difficulty in obtaining good quality English style furniture here.

By using their previous suppliers and many contacts in the UK, they have kept their prices at competitive levels. Their policy is to only buy direct from reputable factories and manufacturers and all their merchandise is delivered direct to them in regular large container shipments. This enables them to take advantage of economies of scale.

The store offers a wide range of styles and choices, including contemporary oak, traditional oak, ash and painted furniture. They have also incorporated a range of Indian furniture and rugs.

Christine and Graham also sell a broad range of oil paintings at reasonable prices. They have now launched a comprehensive web site (furnitureworld.pt) where you can view a good selection of the furniture

styles they have to offer, they also offer their customers a flexible approach to furniture packages to give maximum choice of style and cost rather than the pre designated packs, something that is absent from the current market.

Christine and Graham have enormous experience in their chosen market and therefore believe the future for Furniture World looks bright. They have been fortunate to acquire the services of Sandrine Reis as the shop manageress. Sandrine is fluent in Portuguese, English, French and Spanish.

They believe that a good reputation means repeat business and their enviable reputation has already been established in a relatively short period for supplying top quality furniture, customer service and attention to detail, Christine said "we have supplied furniture to all parts of the Algarve and our customers return time after time".

Their 700 sq meter store carries large stocks and aims to supply all customers' requirements within forty eight hours and delivery is free locally. As a further incentive, they have introduced gift vouchers, which make an ideal present at any time of the year.

Please take a little time to view their online catalogue or visit the store just 2 kilometers east of Lagos on the EN125 towards Portimão.

Build 4 U Lda



Possessing over 25 years experience in the building trade, Alan McCormick is able to build your perfect home from start to finish, from charming cottages to luxurious villas. Build-4-U Lda was founded over twenty years ago in the Algarve and has since amassed an impressive CV of completed projects, including dozens of private properties and small developments throughout the Algarve, with the company's professionalism being of the highest standard.

Besides building from the ground up, Build-4-U Lda is also highly experienced in renovations and is able to convert an old shell of a house into a

comfortable family home.

The company aims to build clients' dream homes here in the Algarve, and give free estimates with detailed descriptions of the works that will be carried out during the construction process, plus time scales and payment terms.

Alan McCormick's vast experience also gives him the flexibility to work alongside architects, structural engineers or project managers if clients request.

Being meticulous to the core, Alan McCormick can ensure that the end result of a project will correspond exactly to what the client had intended.

GFS Metalworks

Long-time friends Andrew and Roger founded GFS (Groovy Fab Shop) Metalworks in 2004, offering homeowners in the region their exceptional engineering skills for the fabrication of steel and wrought iron structures.

Having shared similar backgrounds in the UK steel fabrication industry, Roger and Andrew were able to conjure up a team of skilled craftsmen when they moved to the Algarve, all of whom possess a great knowledge in the design and fabrication of steelwork.

With their tailored products being limited only by one's creativity, GFS Metalworks has developed in two main areas over the years: Grills, gates and railings; and interior/exterior furnishings and accessories made from steel and wrought iron.

Their decorative security gates and grills for both homes and commercial properties was their original concept for the company, from where they progressed into the fabrication of custom made furnishings and accessories. From small window grills to ornate entrances and railings, GFS are able



to design a safety structure that is perfect for your requirements, enhancing the security of your property in style.

Over time, Andrew and Roger delved into a more creative area; designing, styling and producing furnishings and accessories made from steel and wrought iron. This sparked great interest from clients, with GFS combining complex ironwork with wood, glass stone and various fabrics to make unique products. Clients can either choose from GFS' own designs or provide the team with their own ideas to create a one-of-a-kind product.

The Groovy Fab Shop lives up to its name with stylish and fabulous products that will perk up the overall look of properties or commercial establishments, whilst improving their security as well.

The Curtain Shop – Tailored to your needs



Having opened in July last year, The Curtain Shop, located in Lagos, possesses a vast range of quality household essentials, such as curtains, cushions, bedspreads, blinds, wallpapers, furniture, beds, mattresses and much, much more.

With over nineteen years experience in the industry in several European countries, The Curtain Shop has the knowledge and expertise to help you design the home of your dreams, with their friendly and personal service ensuring full customer satisfaction.

Their massive range of fabrics, from all over Europe, will leave you spoilt for choice and their tasteful accessories will complement your styling to perfection. With so much experience under the staff's belt, they can also provide helpful tips and suggestions.

Their speedy services, quality materials and extremely competitive prices make The Curtain Shop many people's preferred choice.

Their services include experi-

enced design advice, full measuring and fitting, re-upholstery, curtain making, hand crafted products, recuperation of furniture, among others.

Fabrics is their trade, whether it being for your new home or for a complete makeover, so you can rest assured you will find your perfect combination among the hundreds of samples readily available in the large showroom.

Selling pillows, blinds (roman or roll), mattresses, beds, sofas, curtain rails, curtains, fabric, furniture and many more products, you must go and see the shop for yourself.

Located just one hundred metres from the Lidl supermarket in Lagos, on the left hand side of Avenida Cabo Bojador, the showroom is of good size and has a beautiful presentation, with the friendly staff always available to help on any matter.

Providing free quotations, The Curtain Shop is open on weekdays from 10am to 6pm and from 10am to 1pm on Saturdays. They do not close for lunch.

This Week's profiles:



Furniture World

For more information on Furniture World, please call 282 798 263 or visit their website www.furnitureworld.pt.



GFS Metalworks

For more information on GFS Metalworks, please call 282 449 270, 933 555 387, email info@gfs-metalworks.com or visit their website www.gfs-metalworks.com.



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The Curtain Shop

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Billabong Azores Islands Pro



Junior Champion Maxime Huscenot.

Female surfers will also feature in the Billabong Azores Islands Pro presented by Nissan, where they will be battling for valuable WQS points vying to secure a position for next years ASP Women's World Tour (WWT).

This event is the 5th from a total of nine events on the WQS (World Qualifying Series) Women's tour with a 6-star status.

Current world number two Sally Fitzgibbons, a previous multiple winner at Portuguese events, along with Billabong's Paige Hareb and Courtney Conlogue and some of the top women's surfers, including former World Champion Sofia Mulanovich and young guns, Coco Ho, Tyler Wright, Laura Enever (World Junior Champion), Alana Blanchard, Bethany Hamilton or Lee-Ann Curren, and local Portuguese surfers like Billabong team rider Joana Rocha and 2009 WQS number 20 Francisca Pereira dos Santos, will all be looking to do well this year at the event.

The event is organized by DAAZ Eventos and USBA (Azores Surfers and Bodyboarders Union) and is sponsored by the Azores Tourism, Billabong, Nissan Portugal, Ribeira Grande City Hall, Sumol and TMN. Also kindly supported by SATA, Ericeira Surf Shop, Dakine, RTP Açores, Visão, Antena 3, Go-S.TV, Surf Portugal and Surf Total.

The Billabong Azores Island Pro presented by Nissan can be seen live on: www.aspeurope.com/live

August 10th – 15th, at Ribeira Grande, S. Miguel Island, Azores.

The Billabong Azores Islands Pro presented by Nissan is the 28th qualifying event on this year's World Qualifying Series (WQS) tour. It's also the 5th out of nine WQS events with a 6-star Prime status, given by the ASP only to the top venues, regarding quality of surf available.

Top male and female surfers from around the world will be fighting for the first place 6,500 rating points (3,000 points for the women) and US \$180,000

total prize money.

Billabong team rider and local hero Tiago 'Saca' Pires, currently sitting 15th on the World Tour, will compete at the event, alongside last year's event winner William Cardoso and top ASP tour competitors including Chris Davidson, Patrick Gudauskas, Brett Simpson, Michael Campbell, Chris Ward, Mikael Picon, Aritz Aranburu and Josh Kerr, as well as young surfing prodigies such as Gabriel Medina, Granger Larsen, Julian Wilson, Kai Barger and World

Tagus Golf Society Cannonball Trophy - Gentlemen v. Ladies

With blustery winds threatening the straightest of shots, the Tagus Golf Society teed off on Friday, 23rd July at Estoril Golf Club. The competition – perhaps the most emblematic of the year – was the Gentlemen versus the Ladies. With a field of 12 gents and 8 ladies playing for the average team total of Stapleford points, it seemed a foregone conclusion

that the ladies, who may not have the distance of the big hitters but can trickle quite happily down the centre of the fairway, would win the day. Alas, it was not to be. Due to a couple of bad scores – and not being allowed the privilege of "having a bad day" as all the scores were counted – the ladies allowed the gentlemen a lead of 3 points to

claim the Cannonball Trophy. A convivial lunch served on the terrace overlooking the 18th green quickly restored flagging spirits and the whole team of gentlemen were presented with a bottle of 'bubbly' by the vice-captain Thom Bartlesse. The next competition – the Gerald Gibbon Tri-Am Trophy will be held on Friday, 20th August.



The winners of the Cannonball Trophy with their 'bubbly'!

Bike rides

Saturday, 31st July: Bike Ride starting in Boliqueime. Meet at Boliqueime railway station at 9.45am, ready to catch the 9.56am train. This will be a fairly challenging ride of around 30km

on a mixture of tarmac roads and also dirt tracks. There will be a cafe stop somewhere along the route

Sunday, 1st August: Bike ride starting in Silves. Meet by Cafe Inglês, on the steps up to the castle at 10.15 for an 10.30 start. This will be a mostly flat

and easy ride of around 30 km on a mixture of tarmac and also dirt track roads.

Wednesday, 4th August: Bike Ride starting at Chillimans on the Almancil to Quarteira road. Meet at Chillimans at 6.20pm for a 6.30pm start. This will be a fairly challenging ride

Kids go to the Circus thanks to Almancil Rotary International



Thirty children were sponsored by Almancil International Rotary Club (AIRC) for a fun night out at Mundial Circus performing in Almancil on 22 July.

The children, from families with difficulties with many of the parents unemployed or single parents, are all supported by Avas de Amanhã (Wings for the Future), led by Sandra Zenovia

Clorba, a dedicated lady who takes care of more than 100 children. The organisation seeks to improve the lives of underprivileged children by providing exciting opportunities and experiences not possible in the normal course of their lives.

The Management of Mundial Circus offered a special discount to AIRC to enable so many chil-

dren to attend. They loved the acts, particularly the Cannonball Man, the Trapeze Artist and the humungous Hippopotamus! There was much laughter and excitement and, for some, it was their first visit to such a quality circus as the Mundial.

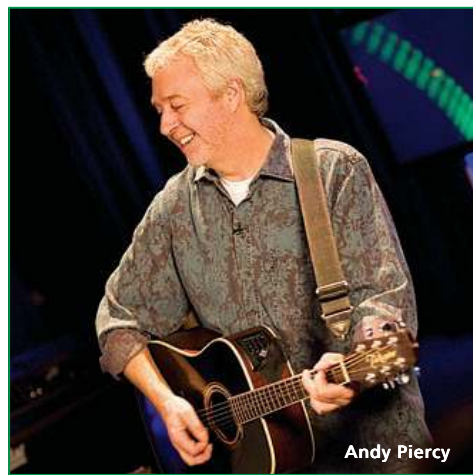
For details about membership of AIRC please see: www.rotaryalmancil.org or tel. 289432286.

"What's with all the singing?"

Why do we sing when we get together to worship as Christians? Is it just a modern thing or something the Church has always done? What about the songs, does it actually matter what kind of music we use when we worship? Does God have a favourite sort of music? How important is singing as part of our worship, is it something God wants us to do or just something we do when we feel like it or need to keep things interesting? Does something special happen when we sing together in worship? Is it more than just telling people about how good God is and what he can do?

In an entertaining and informative talk on August 14th, Andy Piercy looks at these and other questions and explains why he considers singing to God an essential part of worship when we draw near to God in praise and adoration. We will be worshipping together during the evening and Andy will be demonstrating the 'Journey of Worship' through songs and singing.

Andy Piercy was worship leader at Holy Trinity Brompton (Home of the Alpha Course) for



Andy Piercy

15 years. Now based in the USA, he travels the world training Christian Worship Leaders. This is Andy's first visit to Portugal and you can hear him speak and sing at 7.30pm on Saturday, 14th August at the Holy Family Church by the Hotel Paraiso in

Albufeira. The evening has been organised by All Saints Anglican Church. Everyone is invited to attend and there is no admittance charge.

For more information please contact Rev. Jackie Nevill on 914 781 453.

of around 25 km on a mixture of dirt tracks and tarmac. There will be a drinks and snacks afterwards at Chillimans

For more information call Paul Beesley on 913226954 or e-mail: paul.beesley@sapo.pt or visit 'Algarve Bike Rides' on Facebook.



All club items welcome. If you are involved in a local club or have raised money for charity we would like to hear from you. Please send your stories to copy@theportugalnews.com

'Art from the Heart' for Albufeira children

The 'Art from the Heart' Exhibition is currently being staged in Tavira to give continuation to the support generated by Welsh artist David Haines for Pirilampas Children's Home in Albufeira.

Organised by David Haines and fellow Welsh artist Mal Mudge the exhibition will feature inexpensive works of art by both well-known artists as well as 30 paintings from the

Pirilampas children. Revenue from the sales of all paintings will be donated to Pirilampas.

The exhibition was made possible by a great deal of help from Geoff Hickman of Habifactos Real Estate, who donated the shop (No. 1 Rua da Liberdade) next to Tavira Câmara. Tavira Mayor, Jorge Botelho has also lent the event his support. The Pirilampas children's paintings were the

result of much hard work and the help of artist Amanda Deça, who will also be exhibiting her own paintings at 'Art from the heart', which will run from until September 20th. Open: 10h00 – 13h00 and 18h00 – 23h00, Monday to Saturday.

Donations of food and hygiene products for Pirilampas are also more than welcome.

For more information tel: 968 290 627 or 962 111 516.

Dancing to 60s and 70s music whilst raising cash

There was an amazing response to the 60's and 70's music evening last Saturday. Ninety four people sat down to a three course meal and were entertained by Just John with music and singing. Dancing outside under a full moon was an added bonus, and €684 was raised for the charity Castelo de Sonhos.

Thanks to everyone for their continued support.



Exhibition at Vila da Luz

João Guimarães is exhibiting his work at Artebúrguer until 7th August. '2010 – Renovação' (2010 – Renovation) is an exhibition of his oil paintings at Artebúrguer, in Vila da Luz near the city of Lagos.

The landscape, especially the beach and rocks, of Lagos and da Luz, are the dominant theme of his work. The artist obtained his initial training in drawing, engraving and lithographing at the António Arroio School of Decorative Arts and debuted in the mythical exhibitions at the Primavera de Belém Market, in Lisbon. Since then, he has participated in solo and collective exhibitions in Portugal and Canada.

The exhibition '2010 – Renovation' can be visited daily, from 10h00 to 15h00 and from 18h00 to 23h00. The Artebúrguer is situated between the parking lot and the church in Vila da Luz.



An example of João Guimarães' work.

Do you want to be on stage?

The Algarveans Theatre Group is looking for new or ex-

perienced actors for their autumn production in October to be staged at the Lagoa Auditorium.

The three one-act plays to be staged are perfect vehicles for character actors and those wanting to break lose their acting skills for the first time.

Lloyd Delderfield, Siân Hughes-Roberts and Jenny Grainer, all experienced directors will be starting rehearsals in September in Lagoa with performances scheduled for the final week of October this year. This is a great opportunity for both new and experienced actors of all ages to take part in one of these shorter plays with interesting character roles.

For further details of the plays and parts available please contact Jenny by e-mail at: jennygrainer@sapo.pt, or phone 282 381 201 / 963 518 184.

TV stars join birthday celebrations



Actors Tim Healy and Denise Welch recently flew to the Algarve to join in the celebrations for Alex Morgan's 18th birthday.

Alex Morgan, grandson of Willie Morgan (ex Manchester United) celebrated his 18th birthday in style last weekend. Family and friends flew over from the UK to join him including celeb-

rity friends Denise Welch and Tim Healy, Godparents to Alex's little sister Jessica. He also had well wishes from Tom Jones and Johnny Mathis.

Alex's parents, Gaynor and

Tim Morgan-Hoole threw a big bash at home which included a hog roast, live band and lots more. Alex was honoured with Tim Healy's stunning rendition of the Eagles classic 'Desperado'.

London, Sydney and now Vale do Lobo ...

The luxury trend of 'Pop-Up Restaurants' arrives in Vale do Lobo this summer. A concept that has swept the world in the last year is quite rightly going to make its first Portuguese appearance in the luxury resort.

Vale do Lobo will play host to four of the best chefs in the Algarve in true east coast meets west coast style and offers the opportunity to sample some of the finest gastronomic cuisine available in Portugal.

Taking place over three consecutive Wednesdays in August, Vale do Lobo will become a stage for each chef to perform and dazzle in a unique Pop-Up Restaurant located in the beautiful Sculpture Garden at Parque do Golfe. Quite literally the restaurant will 'pop out' of the ground for one night only with each chef.

Hosted by Jonnie Pratt from Bistro des Z'Artes, Almancil's very own celebrity chef, Jonnie instigated the event and invited the best of the best from along the coast to join him for three separate evenings of great food, good wines and fantastic fun.

Opening the event and waving the flag for the eastern Algarve is Jaime Perez, the El Bulli-trained and super-talented chef at Vistas Restaurant at Monte Rei near the Spanish border. Jaime's fresh, delicate, but technically challenging cooking has established Vistas as the best restaurant in the east, and guests at Vale do Lobo will be in for a real treat with a Spanish twist.

A recent arrival on the Algarve scene is Portuguese chef Emmanuel Soares, who has just taken the reins at Martinhal, the newest 5 star hotel in the Algarve, just a stone's throw from the most westerly point in Europe, Sagres. Emmanuel's Michelin background, including time spent with Alain Ducasse, showcases his talent superbly, and his passion for Portuguese produce and in particular the unusual delicacies found on the West Coast of Portugal are making him a much talked-about newcomer.

The last night will be a rare treat as Hans Neuner, the newest Michelin star in the Algarve,

leaves his kitchen at Vila Vita Parc and brings his creative and beautiful food to Vale do Lobo. Aged 33, this significantly talented chef creates food that is among the most inspiring on the coast. Austrian by birth, he has achieved an incredible feat for Ocean Restaurant at Vila Vita Parc, having the star awarded in less than three years from taking over the kitchen.

4th August - Jaime Perez – Vistas at Monte Rei Golf & Country Club - €145 per person

11th August - Emmanuel Soares - O Terraço at Martinhal Beach Resort & Hotel - €145 per person

18th August - Hans Neuner - Ocean Restaurant at Vila Vita Parc - 1* Michelin - €165 per person

Dress Code: Resort Chic. Champagne reception 8pm, 6-course dinner with wine pairing 9pm.

For reservations go to: www.popupalgarve.com, Vale do Lobo Reception, Phone: + 351 919 407 366 or Email: info@popupalgarve.com

Visiting script writer and author to give talk in Monchique

If you have ever longed to learn more about writing for the movies then why not take this unique opportunity to listen to visiting, author, playwright and lecturer in screen writing, Marc Gee who is holidaying in the Algarve. He will be giving a lecture on the technique of script writing for films and talking about his new book 'Autumn Kill'. This interesting peek at another all-important side of the film and writing indus-

try will take place on Sunday 1st August from 4–6pm in the hotel of the new Longevity Health Spa Resort on the road to Monchique near Caldas. To book your place email Barbara Fellgiebel at: alfacult@gmail.com

(Please note that this event was listed earlier as taking place on Monday, 2nd August at the Convento de Lagoa – circumstances have forced a change of date and venue).



L to R: Chefs Emmanuel Soares, Jaime Perez, Jonnie Pratt and Hans Neuner.

Worship Service

Hotel Delfim, Alvor in the Sunset Room
Sunday, 1st. August - 9.30am
Everyone welcome.
For more information call: 282 461985 or 917358098

Refúgio's Summer Sale

The Refúgio dos Burros are having a Summer Sale at their shop in Lagoa starting on 2nd August at 11am, in aid of all the animals, after which they will be getting ready for Autumn clothes.

They also need more volunteers for the Lagoa shop. People are welcome to come and help for

a few hours or longer. It is a way of meeting new people and making friends whilst helping the animals.

They are open everyday from 11am to 7pm weekdays and 11am to 1pm on Saturdays.

Anyone willing to help in the shop can just call in.

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and should be under 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@theportugalnews.com

A big thank you

SIR, To the ambulance crew and staff of the Barlavento Hospital in Portimão. On Thursday of last week my husband fell from a ladder, and we had to call for the ambulance (response time 12 min.) to take him to the hospital. Thank goodness my husband is only badly bruised and no broken bones. All of the staff we came into contact with on that day were very kind and very helpful, so we would like to say a very big thank you to all, and express what a wonderful service was given.

NAME & ADDRESS WITHHELD

Lagos wheelchair/pushchair friendly?

SIR, In short not really. That said if you are out and about and get into difficulties, the local populace is more than happy to help. If that is the case why is it the answer is not really when it comes to being wheelchair and pushchair friendly?

Well the answer seems to be what will benefit me and what I want regardless of the difficulties that it can cause to other people. For example: parking in a disabled spot because it is closer to where you live; irrespective of the inconvenience it will cause to the person who has applied for and been awarded a disabled parking space. The need of that person is greater because it is close to their home and makes life a lot easier and simpler, irrespective of the needs of others.

This appears to be reasonably

uncommon, but the use of disabled parking by able-bodied drivers is not; especially in the town itself. Again little or no thought is given to the difficulties they may create. After all they will not be long or they don't live in Lagos and therefore don't really care. They just want their own convenience satisfied. Anyway there is nowhere else to park! (well close by anyway).

So, is it the case that there is insufficient parking in town? At the moment it could be argued that parking is at a premium as works are being undertaken to build new parking areas. That said the Câmara have opened up a large car park, but that is not enough. Really? Anyway it's too far to walk. Disabled parking is closer to where I want to be; so I'll park there. No one will notice or care.

With this view of Devil may care attitude, being close to where you want to be is all that matters, if a parking space cannot be found in the immediate vicinity the pavement will do. This is fine, it doesn't cause an obstruction or complaint. Or does it?

Parking on the pavement causes difficulties for disabled persons, especially in wheelchairs, but also parents of young children in pushchairs. The fact that the person with the car parked on the pavement is blocking that person's passage and forcing them on to the road to continue their journey doesn't really matter. The question then begs itself, if that person is injured as a direct result of venturing into

the road, who is responsible for injury that may be caused? Will it be car driver, the person in the road, or the person who has left their car parked on the pavement thereby forcing the pedestrian into the road?

Certainly there is an argument for all three. But is there a fourth? If so shouldn't they have done something about it. If so what? Without getting too legalistic about matters; don't the Câmara as the local authority owe a duty of care?

Bearing this in mind, there is a substantial number of people in Lagos with disabilities, indeed there is a place where a large number of them reside. With this in mind, one would have thought that making life a little easier would have been at the forefront of the thinking of the town planners. But time and again you see parking in places that not only put adults at danger, be they disabled or otherwise, but also children in pushchairs or even on their own.

Certainly it would appear that the populace is very child and disabled friendly and they will go out of their way to help where they can. Unless that involves their car, in which case there is little patience displayed, or concern for others. And, someone with a disability or young is an inconvenience and should get out of the way of able-bodied persons and let them do as they please.

This can be demonstrated in town. Little or no regard has been had for people in wheelchairs or with pushchairs. Access to shops is impeded by a number of things, which with a little foresight could be prevented. Driving around the old town and parking on pedestrian walk ways. This apparently is being addressed and whilst it is appreciated that businesses need to take deliveries, will it stop the unnecessary parking, particularly as one or two of the worst offenders are members of the

Câmara themselves, who clearly do not wish to lead by example. It is a case of "Do as I say, not do as I do".

Whilst moving around town (it can be difficult enough). Regard has to be had to speeding cyclists, particularly when you can't hear them. Moreover it is a game some like to play (who can get the closest without hitting them). This impacts on the old, hard of hearing and unstable, as well as the naive and disabled. Once again little or nothing is done to prevent this from happening, albeit there some signs that say 'No Cycling'.

Given that this is the police's domain, along with parking on pavements and generally blocking access, or right of passage, why have they not done anything? Indeed they can be seen driving or walking around where there is an infringement, but they choose to ignore it. Why?

Turning once again to the streets. It all looks attractive in photos etc.; but when it rains the paving becomes very slippery. This it is suspected because the area is dry and hot. As a consequence even able-bodied persons find it difficult to walk on.

In compliance with EU directions and demonstrating that heed has been taken to the Directive on disability, some adaptation to pavements have been carried out, but people in wheelchairs or with pushchairs can't get at the crossings, even if they wanted to because their access is impeded by cars on the pavement. Just going down a normal curb is trouble in itself because they are very high. Not for a car or other vehicles which can use all its power to mount the pavement, but people with disabilities, or pushchairs are unable to do this. As a result people walk along the road, which is easier and some cases faster as there is little or no obstruction and the road is

smoother than the pathway albeit slightly more dangerous.

Are people who do use the road rather the pathway accepting the risks that could be involved? Or do they have little choice? One could argue people have little choice if they want to get to where they are going.

People with motorised wheelchairs have a double issue in as far as if they can stay on the pathway, they can allegedly move faster than pedestrians and as such can cause difficulties for themselves and other people. On the other hand, if they venture on the road, the motorised wheelchair, whilst perhaps faster than pedestrians, are much slower than the average car/van (speed limits in areas are only a mere suggestion) and are an inconvenience to the motorists.

Whilst concentrating solely on the difficulties encountered by moving around on wheels, thought should be given to others who are also disabled.

A case in point was a blind or visually impaired gentleman walking down the pavement. He uses his stick to identify obstructions. At first he encounters little difficulty, but then he has to negotiate street signs and parked cars on the pavement. As consequence he starts with street furniture, signs saying there was a pedestrian crossing and also a lamp post. Both of which seem to be an obstruction themselves however they are negotiated quite successfully. The harder challenge is the two parked cars taking most width of the pavement.

Clearly this gentleman has experience of negotiating obstacles as he leads with his stick and identified obstacles, but although he identifies the car, he misses the wing mirror and struck it, which sent his balance haywire. Nevertheless he got around the car without further incident.

The second car proved slightly more hazardous given there was little room to get around it. This time the gentleman was aware of the protruding wing mirror. However in an attempt to avoid it he nearly fell off the kerb. If he had done so there was a real risk that he would have severely sprained or broken his ankle (is this a PI claim waiting to happen?)

Slightly disorientated the gentleman made it across the pedestrian crossing, but then started heading in the wrong direction. It was not until the intervention of a lady that put him back on the correct route. This time he was directed to use the grass verge, as another car blocked his access on the pavement.

All this was going on whilst traffic was passing, some at speed.

As is highlighted by this incident, cars parked on pavements can cause considerable difficulties not only to people with disabilities, but also able-bodied persons, who are forced to leave the sanctuary of the pavement step out into live traffic. Which can be quite daunting and in some cases quite frightening and risky.

As mentioned earlier, heed has been given to the EC Directive on Disability, so it cannot be argued that it was not known about. Anyway Directive has been in force for about ten years. Some semblance of acceptance has been shown, with the construction of ramps so access can be gained. As a result surely it could be argued that this Directive agreed by all Member States and therefore should be fully implemented was known about and thus liability rests with them.

Indeed if one looks at the UK all businesses and Local Authorities adapted their premises so access could be gained by the public. If they didn't there were (are) heavy fines. So why has that not been done here?

To be fair it would appear that the Government (be that Local or National) have woken up to the premise that a large section of the population has some form of disability. Due to the fact that access is denied to them, travelling around the area or otherwise is very difficult. Resulting in some people do not coming on holiday (and spending time and money), therefore the Algarve is losing out on potential revenue.

That said, it is not helped when access is denied by the thoughtless nature of some of the residents. All they have to do is ask themselves "why is that there?"

All this sounds very harsh, given the majority of people are extremely receptive to disability (when they are confronted by it) but don't give it much thought. Conversely some disabled people (and they tend to be the vocal ones) are extremely sensitive when it comes to disabilities. Really all it needs is a bit of thought and patience on both sides.

So, is Lagos wheelchair friendly? Not at the moment, but it would appear that they may have woken up to the idea that it could be good business and also help those residents with disabilities at the same time in compliance with the EC Directive. DUNCAN BELL, Messines

Although this is extraordinarily long on this occasion we have made an exception. Ed.

Portuguese for Beginners

with Emília Rosendo



LESSON 38

Going Shopping

⇒ Put the verbs in brackets in "Presente Simples do Indicativo".

Eu ____ (gostar) imenso de ir às compras. Nas lojas as pessoas ____ (comprar) as coisas de que ____ (precisar). ____ (haver) um bom supermercado perto do bairro onde eu ____ (viver) que, felizmente, também ____ (abrir) aos fins de semana e feriados. Lá eles ____ (vender) carne, peixe, legumes, bebidas, pão, brinquedos, livros, revistas, etc. Os clientes ____ (estacionar) os seus carros no parque e, no supermercado, ____ (colocar) as suas compras em cestos ou em carrinhos. Quando eles não ____ (encontrar) alguma coisa nas prateleiras, os empregados ____ (ajudar). Os clientes ____ (pagar) as suas compras na caixa. À saída do supermercado ____ (existir) uma área onde os empregados ____ (servir) refeições. Os meus amigos e eu ____ (comer) lá com frequência. A comida ____ (ser) boa e os preços ____ (ser) acessíveis.

⇒ In which of the containers below do we usually buy the following things? Sometimes more than one answer is possible.

◆ pacote ◆ tubo ◆ lata ◆ garrafa
◆ garrafão ◆ caixa ◆ frasco ◆ saco

- | | |
|----------------------------|--------------|
| 1. detergente para a roupa | 14. cereais |
| 2. pasta de dentes | 15. azeite |
| 3. tomate pelado | 16. gelado |
| 4. água destilada | 17. manteiga |
| 5. limpa vidros | 18. pipocas |
| 6. amaciador | 19. shampô |
| 7. pastilhas | 20. açúcar |
| 8. sardinhas | 21. leite |
| 9. salsichas | 22. doce |
| 10. bolachas | 23. vinho |
| 11. fósforos | 24. café |
| 12. cebolas | 25. sumo |
| 13. batatas | 26. cola |



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Downloading files from the internet



The Internet is full of sites to see and things to do like listening to music, viewing movies, playing interactive games and transferring applications to your own PC like Anti-Virus software, drawing programs, screen capturing programs and much much more.

In order to get and run these files you need to learn how to download and set them up on your own PC. Downloading refers to the actual transferring of the document from the Internet to your own computer.

Before You Start Downloading

Firstly you must make sure that you know what type of software is appropriate for your computer. That is you must know the specifications of your computer. Things like whether you are using a Personal Computer (PC) or an Apple Mac and if you are using a PC whether you are using Windows 98, Windows 2000, Windows XP, Vista or Windows 7 as your operating system. The type of computer, the operating system and specifications of your computer dictate what type of programs you can run on your PC. You may not have the capacity to run certain software or the software may not be available for the platform you are using and downloading it can be a complete waste of time.

Creating a separate download directory

Creating a separate download directory to store your downloaded files is always a good idea so that your downloads don't get mixed up with any other programs or files on your PC, and so you always know where you can find them should you have to re-install or find the files at a later stage. Normally with software you receive on a CD/DVD disk the separate directory is the files on the disk and the file runs through its setup routine, creating an installation directory where the program will reside on the PC. By creating this download directory you are saving a lot of clean up time later. Most files you download will also be in a compressed format and when uncompressed will expand into many other files. By separating them you are able to clean up your file directories at a later stage with greater ease. With most Operating Systems you have the ability to create separate directories immediately to store the files in otherwise store them all in the same download directory.

File Extensions

Look at the file extension of the file you want to download e.g. sample.pdf. It has two parts separated by a (.). The name of the file refers to the first part; the file extension refers to the second part which in this example is .pdf.

The file extension is usually three letters and can be used to identify the type of file that it is. In this example sample.pdf means it is a Portable Document Format (pdf) file and can only be opened with Adobe Reader. As you become more familiar with the Internet and different file extensions you will be able to identify their file types and what you need to run them. There is an amazing array of different file types around; you will probably be familiar with some common ones such as word.doc and word.txt. Word.doc is a word document and word.txt is a plain text document.

Compressed Files

Compressed files are a way of storing many files into one, or making a big file smaller so it can be downloaded quicker. For PC users the most common file extensions are zip files and exe files. Exe (executable) files are self-extracting archives, which means you don't need special software to uncompress them and when you click on them in your file managing program they will automatically run a setup program, expand into a larger file or expand into several files.

For zip files you will need other programs to decompress/unzip/expand them. All files can be compressed into .zip formats including all your music, movies and programs.

For PC users Winzip and WinRAR are the most popular.

Once you have this additional software you will be able to uncompress the files just by clicking on them in your file managing software. They will decompress onto your computer in the same manner as the .exe files.

Viruses

Before you start downloading anything you should have virus protection.

Computer viruses are just like the real thing they keep spread-

ing until you get a cure and some are so bad they are deadly for your work and programs on your computer. You should try and get inoculated before you visit the virtual world.

Viruses spread when you launch an infected application or start up your computer from a disk that has infected system files. Some viruses stay active in memory until you turn off your computer. Other viruses stay active only as long as the infected application is running. Turning off your computer or exiting the application removes the virus from memory, but does not remove the virus from the infected file or disk. Some viruses are programmed specifically to damage the data on your computer by corrupting programs, deleting files, or erasing your entire hard disk.

Remember if you want to have some fun on the Internet - "Safe Downloading" means putting your anti-virus software on your computer before you start!

The Different Forms of Downloading

Downloading technically means the transfer of one file on one computer to another computer. This can take several different forms when you are downloading using the Internet. You can save individual web pages or images on a web page or you can transfer whole programs and files by clicking on a link in a web page and the download time varies depending on the size of the file you are downloading.

Downloading a File through Your Web Browser

The following instructions are based on downloading a file using Internet Explorer 8. Most web browsers operate in a similar manner so the basic concepts can be used for all browsers. When you click on a download link, a File Download Box will appear asking you if you want to run or save this file. If you click on run, the program you are downloading will start installing automatically after the download is completed. If you click on save, you can install the program at a later stage.

As a beginner, always save the file unless you are very familiar with the file extension and know what program will run it. There is nothing more annoying than picking the wrong application, waiting for it to download and then finding the wrong program has been chosen and having to download the file again.

Using the File

This all depends on the type of file that you have downloaded and its file extension. For example if you have downloaded a file to be used in another application like a movie or sound file, you may be able to use it immediately after downloading by opening up the application that you would



use to play the file and then locating where you have downloaded the file to and playing it in the application. For example if you downloaded a file called oldies.mp3, you can tell that this is an mp3 sound file which can be played in any media player. Sometimes though you will need to uncompress files before you can use them. As you become more familiar with the different file extensions it will become easier to know what you can and need to do for each file you download.

If the file that you have downloaded is a program/appli-

cation file like a new web browser or a movie player, after clicking on it, it may decompress and commence a setup program which you would follow the instructions as you would normally installing any new software from a CD or DVD disk. But it may initially uncompress with the installation file popping out of it (usually called setup.exe or install.exe) which you then just need to click on to start the installation process. If you are unsure of which file is the setup/installation file there will also normally be a text file that explains how to install the program.



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NORTH

DAILY

CALDAS DA RAINHA

Museu José Malhoa - Paintings, sculptures, drawings, watercolours and ceramics in temporary and permanent exhibitions - Parque D. Carlos I - T. 262 831 984

CALDAS DA RAINHA

Municipal Museum - Since (1985) the construction of António Duarte Atelier and Museum, the Local Council of Caldas da Rainha has been constructing one of the most important nucleus of Portuguese Sculpture of the 20th century. The exhibit, conservation, study and divulgation of the collections is divided between the three museums - T. 262 840 280

ESPINHO

Dance Show The Michael Jackson 'Tribute Dance' - Casino de Espinho daily - 20h30 (dinner) and 22h30 (show) - €20 (dinner-show, Sunday to Thursday) €32.50 (dinner-show, Friday and Saturday) - T. 227 335 500 - www.solveverde.pt

GUARDA

Museu Municipal de Arte Moderna Abel Manta - The collection includes works by Carlos Botelho, Júlio Resende, Menez, Paula Rego, Vespeiro, António Dacosta and many others - Open: Tuesday to Sunday from 10h00 to 12h30 and from 14h00 to 17h00 - Free entrance - Rua Direita, 45, Gouveia - T. 238 493 648

PORTO

Casa da Música - Guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - T. 220 120 214 - Avenida da Boavista, 604-610 - www.casadamusica.com

PORTO

Serralves Foundation - Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & Casa de Serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

COIMBRA

Play 'A Menina do Mar' (The girl from the sea) by Beatriz Batagorda and Bernardo Sasseti - Amphitheatre Colina de Camões - Quinta das Lágrimas - Rua António Augusto Gonçalves - T. 239 441 695

COIMBRA

'Maiorca' Choreography by Paulo Ribeiro and Music by Pedro Burmester - Amphitheatre Colina de Camões - Quinta das Lágrimas - Rua António Augusto Gonçalves - T. 239 441 695

CALDAS DA RAINHA

'Música na Praça' Concert at the Square - Concerts on 4th Aug: Filipe Pinto/Diana Peidade/Jim Dango; 5th: Carminho and Gold Gypsies; 6th: Jorge Palma and Friends - 22h00 - Bullfight Ring - Rua da Praça de Touros

FIGUEIRA DA FÓZ

Bootleg Beatles - A show by The Beatles' tribute band - 22h00 - Coliseu Figueirense - Largo do Coliseu, 2 - T. 233 427 606

VIANA DO CASTELO

Romaria da Srª da Agonia (Religious Street Festivities) - Procession starting at Bom Jesus Chapel

PORTO

Sergei Prokofiev's Romeo and Juliet Ballet - 21h30 - Coliseu do Porto - Rua Passos Manuel, 137 - Ticket prices: €17 to €32 - T. 223 394 940 - www.coliseudoporto.pt

PORTO

Tchaikovsky's Swan Lake on Ice - Artistic Director Tony Mercer - Coliseu do Porto - T. 223 394 940

www.theportugalsnews.com

CENTRE

Daily

CASCAIS

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - T. 214 848 900

CASCAIS

Sea Museum 'Rei D. Carlos' - Rua Júlio Pereira de Mello - 10h-19h; closed Mon & holidays - T. 214 825 400

ESTORIL

Casino Estoril - Praça José Teodoro dos Santos - T. 214 667 700 - info.estoril@estoril-sol.com

LISBON

Mercado da Ribeira - On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy - Av. 24 de Julho

LISBON

National Coach Museum - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open: 10h-17h30 (Closed Mondays and public holidays) - Praça Afonso de Albuquerque - T. 213610850

LISBON

Oceanarium - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h-18h - T. 218 917 002

LISBON

Influx Contemporary - A museum dedicated to African Contemporary Art - Open from Wednesday to Saturday from 14h00 to 19h00 - Rua Fernando Vaz, 20B - T. 918 501 234 - www.influxcontemporary.com

SANTARÉM

Visit the Casa-Museu Braamcamp Freire - Rua Braamcamp Freire - T. 243 304 480/1

SINTRA

Exhibitions at Galeria Municipal de Sintra - Praça da República, 23 (Turismo Building) 1st floor - T. 219 238 728 - www.cm-sintra.pt

www.theportugalsnews.com

Until July 31

LISBON

Painting Exhibition 'Outras Coisas, naturezas mortas e temas românticos' (Other things, still-life and romantic themes) by Joana Salvador at Galeria 111 on Rua Dr. João Soares, 5B - T. 217 819 907 - www.111.pt

SINTRA

Exhibition 'ambiente' (environment) - Grupo de Artistas SintraArte situated behind the Café Moinho Verde, Pátio do Zézinho, A3, Rua da Fonte, Almoçageme, Colares, Sintra - www.sintra-arte.com

Until August 8

LISBON

Paintings and Watercolours Exhibition by Constant Le Breton (1895-1985) - More than sixty works by the French painter can be seen for the first time in Portugal in this monographic exhibition - Gallery of Temporary Exhibitions on the main building, first floor - Calouste Gulbenkian Foundation - Av. de Berna, 45-A - T. 217 823 000

September 14

LISBON

Limp Bizkit present their new album 'Gold Cobra' at Atlantic Pavilion - Ages from 6 years old - Tickets: See bottom right of page

Until September 15

ESTORIL

Collective Exhibition 'Os Bichos também são gente' (The Animals are also like us) - Paintings, Sculptures, Drawings, Engravings and photographs - Casino Estoril Art Gallery - Praça José Teodoro dos Santos - T. 214 667 700 - info.estoril@estoril-sol.com

Until September 19

LISBON

Exhibition by the Brazilian brothers Gustavo and Otávio Pandolfo known as Os Gémeos (The Twins) 'For who lives there, the sky is there' - Museu Coleção Berardo, Arte Moderna e Contemporânea - Praça do Império - T. 213 612 878

www.theportugalsnews.com

SOUTH

Daily

LAGOS

Charity Shop in Amádena Charity Shop in what was old supermarket on the square past 'Brody' and 'O Poço' restaurants - LAPS - Lagos Animal Protection Society - T. 282 687 334

Daily

SILVES

Exhibition of artwork by Hilary Cunningham - Vivenda Rosal Pedreira - Watercolour, pen ink & wash, oil & pastel. Prior to visit, please call 282 332 190 or 917 169 053

Until July 31

TAVIRA

Jazz at the Palácio da Galeria - Palácio da Galeria - T. 281 320 500

SERPA

Exhibition 'Relógios mecânicos de 1910 a 1970' (Mechanical Clocks from 1910 to 1970) - Museu do Relógio (Clock Museum) - T. 284 543 194

LAGOS

Exhibition of Watercolour and Oils by Clive Cook at Cachoa Restaurant, on Quatro Estradas, at Luz - Tel: for viewing and Restaurant times 282 782 822 - Mobile: 916 720 981 - www.clivecookpaintings.com

July 31

LAGOS

Arts & Crafts Exhibition - Fortaleza Restaurant in Praia da Luz - 10h00 to 15h00 - in aid of NECI School in Luz

PRAIA DA LUZ

Summer Craft Fair in aid of NECI at Fortaleza - 10am-3pm - Entrance free - handicraft stalls, raffle, etc....

Until August 1

LAGOS

Art Display by Ivan Franco & Kathy Hinde, Joanna Callaghan, Johan Grimonprez, Jorge La Faria, Luís Alegre, Mark Lewis, Matthias Müller & Christoph Girardet, Miguel Soares, Patricia Betancur, Paula Roush, Rui Toscano, Rui Valério, Tracey Moffatt - Centro Cultural de Lagos on Rua Lançarote de Freitas, 7 - T. 282 770 450

SÃO BRÁS DE ALPORTEL

'Feira da Serra' (Mountain Fair) - A Sweet tradition - Sabores do Campo Restaurant - www.cm-swbras.pt

August 2 to 31

SÃO BRÁS DE ALPORTEL

Painting Exhibition by Maria Madalena Gaspar - Municipal Gallery - 10h00-13h00/15h00-19h00; closed Monday morning, Saturday afternoon and Sundays

Until August 4

LAGOA

Art Exhibition 'Aguadas de Sépia' & 'Café nosso de cada dia' by Meire Gomes - Convent cells of S. José Convent - Rua Joaquim Eugénio Júdice - T. 282 380 434

Until August 5

LOULÉ

Painting Exhibition 'Enigmas' by Delfina Santana - chá d'Arte, Tea Room & Art Gallery - Largo D. Pedro I, Ground Floor, nº 5-6

For more events, see our Club and Community Pages - pp26-27 and our Classifieds - pp 58-62

MONCHIQUE

Exhibition 'Artists of Brazil' Galeria Santo António - Galeria Santo António - Tue 12h-19h, Wed, Thu, Fri & Sun 12h-16h - Ts. 282 913 130 / 925 004 051 - www.artelagrove.net

Until August 13

PADERNE

Galeria Corte-Real Summer Exhibition 'Paintings with a Portuguese perspective' by Jan Johnson, John Lamony and Sally Stafford - Open: Thu-Sun: 11h-17h - Sign-posted from Paderne, Boliqueime and Ferreiras - T. 918 980 199 or 912 737 762.

Until September 5

ALBUFEIRA

Fundação Serralves art exhibition 'Abstract Sculptors from 1960-1970' - Espaço Multíusios - T. 289 598 835 / 289 599 619

Until September 12

FARO

Exhibition Photographers and Photography 'Portrait of Presidents' - Episcopal Palace - Tuesday to Sunday from 10h to 18h - T. 213 614 660

Until September 23

ÉVORA

The Museum of Évora, will be open every Thursday until 22h00 - guided tours and conference at 20h00 - Refreshments will be served on the Museum's patio - To register, up to a maximum of 30 participants, please call T. 266 702 604 or e-mail to mevora@imc-ipp.pt.

Until September 29

ESTÓI

Exhibition 'Pássaro em Terra' (Bird on land) by René Bertholo - Estói Milreu Ruins - 10h30-13h00 / 14h00-18h30 (closed Mondays)

ALMANCEL

Painting Exhibition by Jean-Marie Boomputte titled 'The seven deadly sins' at Centro Cultural São Lourenço - Open from 10h00 to 19h00 (Closed Sundays, Mondays and public holidays) - Rua da Igreja - Telephone number: 289 395 475 - www.centroculturalssalourenco.com

Until September 30

MONCHIQUE

Exhibition of customs and habits of Monchique mountain - Parque da Mina - Daily from 10h to 19h - T. 282 911 622 - www.parquedamina.pt

PORTIMÃO

Exhibition 'Posta Restante - The travels of the President writer' - Casa Manuel Teixeira Gomes - Monday to Friday: 10h-19h; Saturdays: 15h-19h

Until October 31

PORTIMÃO

Exhibition 'Entre dois séculos e dois regimes' (Between two centuries and two political rulings) - Portimão Museum

Until November 27

LOULÉ

Exhibition 'Mendes Cabeçadas e a Primeira República do Algarve' - Municipal Museum

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@theportugalsnews.com by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

PREVIEW

Until September 16

Liabon - Painting and Sculpture exhibition by Gustavo Fernandes at Lisboa Marriott Hotel - Born in Lisbon in 1964, Gustavo Fernandes has an excellent academic and professional history in Canada and Portugal. A self-taught artist, he is creative and daring in his work, with an eye for details, the surrealistic and hyper-realistic stand out. The work of Gustavo Fernandes enchants and invites contemplation. In 25 years of his artistic life, Gustavo Fernandes has exhibited in over 20 countries, and held over 250 exhibitions, individual and collective. Much of his work is represented in institutional collections, public and private. He is also the author of public works. He studied at the School of Arts Mission Renaissance in Montreal. He attended the Program of Visual Arts and Graphics of Dawson College; specialising in the techniques and methods and Betty Edwards' Drawing from the Artist Within "and" The Natural Way to Draw "from Nicolides. His vocational training was under the guidance of Portrait Francisco de Oliveira. - Tel: 217 235 516 - www.marriott.com



Until October 22-

Pera - 8th International Sand Sculpture Festival: Theme: Living World - Open from 10h00 to 24h00 (15th September to 22nd October from 10h00 to 20h00) - Fiesa is located on the EN 524 road between Pera and Algez (From EN125, at Pera crossroads, follow the indication for Algez).

August 17 -

Albufeira - Anastacia returns to perform her new album 'Heavy Rotation' - 22h00 - Herdade dos Salgados Resort - T. 289 593 730





ALGARVE

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29 JUL-4 AUG



1
Inception
Leonardo DiCaprio, Marion Cotillard
(11.35 Sat & Sun) 17.55-21.00-00.15
Nanny McPhee and the Big Bang
Emma Thompson, Rhys Ifans
14.40
2
Knight & Day
Tom Cruise, Cameron Diaz
14.10-16.45-19.10-21.40-00.25
Astro Boy - Animation PV
(10.30 Sat & Sun)
3
Get Him to the Greek
Russell Brand, Jonah Hill
17.05-19.30-22.00-00.30
Marmaduke PV
Owen Wilson, Lee Pace
(10.20-12.35 Sat & Sun) 14.50
4
The A-Team
Liam Neeson, Bradley Cooper
(11.50 Sat & Sun) 14.20-16.50-19.20-21.50-00.20
5
Toy Story 3
Animation PV
(10.50 Sat & Sun) 13.50-16.20-18.50-21.30
The Twilight Saga: Eclipse
Kristen Stewart, Robert Pattinson
00.00
6
Toy Story 3 - Animation OV
(10.50 Sat & Sun) 13.50-16.20-18.50-21.30-00.10
7
Inception
Leonardo DiCaprio, Marion Cotillard
12.55-16.00-19.05-22.10
8
The Twilight Saga: Eclipse
Kristen Stewart, Robert Pattinson
(10.10 Sat & Sun) 15.55
The Ghost Writer
Ewan McGregor, Pierce Brosnan
13.10-18.35-21.20-00.35
9
Shrek Forever After
Animation PV
(10.40 Sat & Sun) 13.40-17.50
Lucky Luke
Jean Dujardin, Sylvie Testud
20.00-22.20-00.40

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ALGARVESHOPPING
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29 JUL-4 AUG

1
Get Him to the Greek
Russell Brand, Jonah Hill
13.40-16.05-18.25-21.40-00.10

2
Toy Story 3 - 3D
Animation PV
13.00-15.45-18.15-21.45-00.15
3
The Twilight Saga: Eclipse
Kristen Stewart, Robert Pattinson
13.15-15.55-18.30-21.10-23.50
4
Knight & Day
Tom Cruise, Cameron Diaz
13.20-15.50-18.20-21.20-23.35
5
Lucky Luke
Jean Dujardin, Sylvie Testud
13.05
The Ghost Writer
Ewan McGregor, Pierce Brosnan
15.30-18.10-21.00-23.40
6
Shrek Forever After
Animation PV
12.50-15.00-17.10-19.20-21.35-00.00
7
The A-Team
Liam Neeson, Bradley Cooper
13.10-16.00-18.40-21.25-00.05
8
Inception
Leonardo DiCaprio, Marion Cotillard
12.45-15.40-18.35-21.30-00.25
9
Toy Story 3
Animation PV
13.30-16.15-18.45-21.15-23.45

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PORTIMÃO
TEL: 707 220 220
29 JUL-4 AUG

1
The A-Team
Liam Neeson, Bradley Cooper
13.20-16.00-18.40-21.40-00.10
2
Inception
Leonardo DiCaprio, Marion Cotillard
12.40-15.30-18.25-21.20-00.15
3
Knight & Day
Tom Cruise, Cameron Diaz
13.30-16.10-18.50-22.00-00.25
4
The Twilight Saga: Eclipse
Kristen Stewart, Robert Pattinson
13.00-15.40-18.20-21.50-00.20
5
Shrek Forever After
Animation PV
12.50-14.50-17.00-19.05-21.10-23.30
6
Toy Story 3 - 3D
Animation PV
13.10-15.50-18.30-21.30-00.00

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www.zonlusomundo.pt

OV = Original Version
PV = Portuguese Version

Film Classification

Toy Story 3 - M/6
Get Him to the Greek - M/12
The A-Team - M/12
Inception - M/12
Lucky Luke - M/12
Backlight - M/12
Knight & Day - M/12
The Ghost Writer - M/12
Shrek Forever After - M/6
The Maiden Heist - M/12
The Twilight Saga: Eclipse - M/12
When in Rome - M/12

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

Title: Toy Story 3
Genre: Animation | Adventure | Comedy | Family | Fantasy
Voice Talents: Tom Hanks, Tim Allen, Joan Cusack, Michael Keaton, Wallace Shawn, John Ratzenberger, Whoopi Goldberg, Ned Beatty, Don Rickles, Estelle Harris
Director: Lee Unkrich
Synopsis: The creators of the beloved *Toy Story* films re-open the toy box and bring moviegoers back to the delightful world of Woody, Buzz and our favorite gang of toy characters in *Toy Story 3*. Woody and Buzz had accepted that their owner Andy would grow up someday, but what happens when that day arrives? In the third installment, Andy is preparing to depart for college, leaving his loyal toys troubled about their uncertain future. Accidentally, the toys find themselves in... day care! The untamed kids with their sticky little fingers do not play nicely, so it's all for one and one for all as plans for the great escape get underway.



Title: Get Him to the Greek
Genre: Comedy
Stars: Russell Brand, Jonah Hill, Rose Byrne, Sean 'P. Diddy' Combs, Kristen Bell, Elisabeth Moss, Kali Hawk, Aziz Ansari
Director: Nicholas Stoller
Synopsis: The ambitious 23-year-old, Aaron Green has been given a career-making assignment. His mission: Fly to London and escort a rock god to the world famous Greek Theatre in Los Angeles for the first-stop on a \$100-million concert tour. British rocker Aldous Snow is a brilliant musician and certifiable rock 'n' roll



legend, but due to a bad break-up and nose-diving career, has fallen off the wagon and is now a walking disaster. As the countdown to the concert begins, he may have to coax, lie to, enable and party with Aldous, but Aaron will get him to the Greek.



Title: The A-Team
Genre: Action | Adventure | Thriller
Stars: Liam Neeson, Bradley Cooper, Quinton 'Rampage' Jackson, Sharlto Copley, Jessica Biel, Patrick Wilson
Director: Joe Carnahan
Synopsis: The film follows the exciting and daring exploits of Hannibal Smith and his team of former Special Forces soldiers who were framed for a crime they did not commit. Going "rogue", they utilize their unique talents - and eccentricities - to try and clear their names and find the true culprit.



PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 31 Jul 2010

PROPERTY OF THE WEEK

Contemporary three bedroom villa in rural setting



This week's featured property is a wonderful three bedroom/four bathroom villa, located in Santa Rita, a small village just outside of Tavira. Its quiet setting, combined with proximity to several prominent golf courses, makes it a must see property if you are looking to buy.

This newly built 235m² villa is set on a 970m² plot of land and possesses a large pool and wonderful sun-soaked terraces with views to the sea. Natural granite stones, marble, and beautiful parquet flooring make the contemporary styled property beautiful inside and out, blending in well with its surroundings.

Everything was meticulously planned during the construction of this fantastic villa, such as a

central vacuuming system, fittings for a sound system around the house, air conditioning throughout, double-glazed windows with tilt and turn systems, fancy electric shutters and enormous terraces with breathtaking views.

A large orange grove surrounds the back end of the house, where the large 10m X 4m pool is located, thus making it secluded and delightfully fragrant. The pool



area has beautiful wood decking and an outdoor shower, as well as a large grass area for basking in the sun. Still in the outside area near the pool, a staircase leads to the first floor terrace which is massive to say the least, measuring 90m². Up another flight of stairs is the terrace at the top of the building, offering unobstructed views over the orange grove and all the way to the sea.

The ample living room is fitted with a fireplace and the kitchen, just behind the living room, is fully-equipped with top of the range appliances. There is a guest bathroom in the entrance hall.

Access to the two car garage is at the left end of the ground floor, with a large room behind it available for several purposes (gym, home cinema, games room, extra bedroom), also possessing a bathroom.

Up the classy wooden staircase in the entrance hall are the living quarters. The massive master bedroom, at the end of the corridor, is south facing, offering once again a great view to the sea. It possesses huge in-built ward-

robes and a spacious bathroom with both a bath and a shower, with marble walls and floor complementing the exquisite ceramics.

Another two large bedrooms with double beds are located on the first floor and they are both ensuite with a shower.

The minimalist architecture present the house with a tidy look, with the superb materials conveying a quality build throughout.

This villa has recently been reduced to €639,000, for more information or to book a viewing, please contact Land & Houses Algarve on 281 320 280, email info@landandhousesalgarve.com or visit their website www.landandhousesalgarve.com.



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Fax: 281 951 438
Centro Comer., Av. 28 de Maio
(Marginal) - 8800 Cabanas de Tavira
Tel: 281 370 277
Fax: 281 370 761
belosantospedras@hotmail.com
www.estealgarve.com

**Apartment - Cabanas**

Very well located in a little side road of Cabanas centre, close to the lagoon, access to the beach, commerce and public transport. This high quality one bedroom apartment is located on the ground-floor with a nice private patio area.

EA 033 ACAB - € 105.000

**Neighb. Stª Catarina / Tavira**

Rustic property w/ main house & annex (all together 5 bedrooms), charmingly renovated w/ love & care (wooden floor & ceilings, partial central heating, solar panels), splash pool, surrounded by 3.000 m2, in peaceful surroundings 5 kms from Stª Catarina & 15 mins. drive to Tavira. Property can be used for a wide range of purposes. Mains water nearby.
Price: € 380.000

**Restored townhouse - Tavira**

This interesting townhouse consisting of ground and first floor w/ large loft & extensive terrace (29.26 m2) was restored in very good taste in 2000 maintaining local characteristics. Small back and front patio. Total covered area of 186.72 m2, situated in the centre of Tavira.
EA 066 TTAV - € 275.000

**Villa Neighbourhood Tavira**

Spacious 4 bedroom villa built in 2000 with garage in basement, on a plot of 436,78 m2 with pretty south facing view, situated a few min. from the historic town of Tavira in a small urbanization.

EA 067 TTAV - € 320.000

**Neighbourhood Tavira**

Spacious 2 bedroom apartment, as good as new, situated on the 2nd floor, with lift, conveniently situated 5 min. from Tavira, 5 min. to Cabanas / beach, and various golf courses. South facing terrace plus separate large north facing terrace. Prepared for air con. Possibility of using opposite swimming pool at a low annual fee.
EA 055 ATAV - € 110.000

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AMI 6232 - Val. 18.11.2010

For detailed information,
please visit our website:

www.landandhousesalgarve.com
www.algarve-property-search.com

Tavira: 281 320 281
Vilamoura: 289 301 294

**Tavira**

Very nice 4-bedroom quinta renovated to superb standard, located 2 km from beach. 303 m2 covered area, plot of 3500 m2. Beautiful landscaped garden. Easy tarmac road access. Worth a viewing!

Ref: LHV-1094 Price: € 595.000

**Tavira**

Recently reduced in price! Good quality 2-bedroom villa with office (151 m2) & self-contained 1-bedroom apartment (46 m2). Double garage. Swimming pool. Marvellous sea views. Easy access!

Ref: LHV-1081 Price: € 525.000

**Tavira**

High quality 4 bedroom/ 4 bathroom villa (224 m2) with pool in final phase of construction enjoying far reaching mountain and sea views. Plot of approx. 2000 m2. Open to offers!

Ref: LHV-1097 Price: € 480.000

**Tavira**

South-facing 3-bed / 2 bath bungalow style villa (107 m2) with garage and mature garden, located near "Quinta da Ria" golf course. Fully fenced plot of 680 m2. Private borehole. Tarmac road access.

Ref: LHV-1044 Price: € 230.000

**Tavira**

Brand new, attractively priced 2, 3 and 4 bed apartments with communal pool and garage, located in the heart of Tavira. Fully equipped kitchen. Good-size rooms. Great value!

Ref: LHA-1023
Price: from € 145.000

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**Tavira**

- Corner penthouse aptm.
- Sea & mountain views
- Large private roof terrace
- 3 bedrooms 2 bathrooms
- Air conditioned, garage
- Aptm. 129m² Terr. 129m²

Ref. A1325
Price Reduced: € 219.000

**Moncarapacho**

- On exclusive golf club
- Lovely views to ocean
- 1 bed 1 bath apartment
- Communal pool, garden
- 9-hole golf course
- Spa, gymnasium, tennis

Ref. A1356
Price: € 189.000

**Santa Bárbara de Nexe**

- Beautiful villa & gardens
- Lovely views to coast
- 3 bedrooms 3 bathrooms
- Heated pool 10m x 5m
- Games area, playground
- Villa 200m² Plot 3.210m²

Ref. V1072
Price Reduced: € 599.500

**Boliqueime**

- Beautiful spacious villa
- Spectacular ocean views
- 3 bedrooms 3 bathrooms
- Lovely mature gardens
- Pool 8m x 4m, garage
- Villa 391m² Plot 1.582m²

Ref. V1364 - "Quick Sale"
Price Reduced: € 695.000

**Vilamoura**

- Near to Pinhal Clubhouse
- Good villa, excellent area
- Needs total renovation
- 4 bedrooms 3 bathrooms
- Terrace / conservatory
- Garden, space for pool

Ref. V1369
Price: € 499.000

VILAGENTE



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AMI 489

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8125-432 Quarteira
Mobile: 918 788 375
Tel: 289 314 486
Fax: 289 315 578
vilagente@mail.telepac.pt
www.vendavilla.com

**Vilamoura**

Studio apartment transformed into 1 bedroom apartment, renovated, composed of 1 bathroom, equipped kitchenette (new), lounge w/ dining area & 2 terraces. A/c & Sat. Tv. Exterior parking area. Communal sw. pool & garden. Constr. area approx. 46 sq.m.
Ref: A1357 Price: € 85.000,00

**Vilamoura**

Apartment located near all facilities composed of 2 bedrooms, 2 bathrooms, lounge with dining area, kitchen, storage and terrace. Furnished and equipped. Communal swimming pool and garden area. Const. area - 90 sq.m.
Ref: A1380 Price: € 190.000,00

**Estói**

Country villa composed of 3 bedrooms, 2 bathrooms, lounge, dining area, kitchen & terrace. Barbecue, exterior storage in wood, sw. pool & garden. Furnished & equipped. Plot area of approx. 600 sq.m. Construction area of approx. 143 sq.m.
Ref: V12650 Price: € 330.000,00

**Vale Judeu**

Attractive country villa composed of 3 bedrooms, 3 bathrooms, lounge with fireplace, dining room, kitchen & storage. Roof terrace & carport. Swimming pool & garden. Furnished & equipped. Plot area approx. 350 sq.m. Constr. area approx. 115 sq.m.
Ref: V12649 Price: € 365.000,00



AlgarveProperty.com

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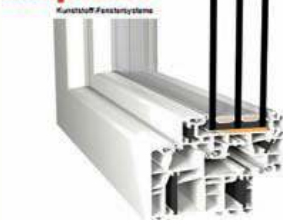
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A taste of the Orient



Radish 'Mantanghong'

You can pay heavily for an assortment of mixed vegetables which add flavour to tangy salads and quick stir-fries, but all too often you don't use them all at once, so the rest is left hanging around in the fridge until it turns into an inedible green soggy mess.

It would be so much easier to pick the leaves you need straight from your garden, so there's less waste and guaranteed freshness.

With this in mind, Which? Gardening, the UK Consumers' Association magazine, tested 14 types of oriental veg to see how well they will grow in Europe, either in your vegetable patch or in containers on the patio.

Researchers grew eight leafy vegetables in 30cm containers filled with peat-free compost. One pot of each was treated as a cut-and-come-again crop, while a second pot was left to produce larger plants. All were sown three times - in late March, late May and late July. Slower growing veg were grown in the ground.

Cut-and-come-again crops which were trialled included mizuna, mustard greens and amaranth, while other popular veg included pak choi, Chinese cabbage and giant radishes.

Among the easiest and quickest was mizuna, which can be added to salads and stir fries and is best grown on its own as it can outgrow and swamp most other salad plants. As a baby leaf it produced 300g per pot from the first cut and 185g from the second cut. Summer sowings proved less prolific and the young plants were damaged by flea beetles.

The tests found pak choi, which is delicious lightly steamed and served with garlic and oyster sauce, is easy to grow from seed

although it's slower than other oriental greens. The best results were seen from the early sowing but later batches were also successful so it's worth planting throughout the summer, although not just after midsummer when it will bolt.

Chinese cabbage is best allowed to grow into a mature plant so it was grown in the ground. It was sown into small pots in mid-June and planted out in July - don't sow any earlier or it will bolt - and forms a dense heart like an iceberg lettuce. You'll need to cover it in fine netting to keep caterpillars at bay and it may be susceptible to mildew and mealy aphid, although the outer leaves can be thrown away. In the tests, when harvested, each head weighed just over 100g.

Mustard greens, which have a strong, peppery flavour, are also best used as a cut-and-come-again crop to perk up salads. The most successful sowing in the trial was the earliest sowing of the large-leaved 'Red Giant', as later sowings suffered from flea beetle damage. Other types worth trying are 'Golden Streaks' and 'Green Frills'.

Amaranth, which if allowed to grow larger can be cooked like spinach, did better from later sowings, producing plants up to 25cm tall which didn't attract flea beetles and was less prone to bolting. It can also be used as a cut-and-come-again crop to add to baby leaf salads.

Among the most impressive-looking vegetables were mooli and beauty heart radishes. Mooli was sown in mid-July, thinned to 30cm apart and by late August they had produced massive white roots weighing up to 750g each and are ideally used grated in sal-



A selection of Oriental vegetable leaves.

ads. Beauty heart produced large round roots with brightly coloured centres, sown similarly to mooli. Researchers found that the quality was variable and concluded that this type of radish needs a long, warm summer.

Most of the vegetables tested are members of the cabbage family, suffering from the same pests, so you have to be vigilant

against slugs and snails, flea beetles, cabbage white caterpillars and mealy aphids.

The full report of the trial can be found in the July/August edition of Which? Gardening. For a free copy of Grow Your Own Veg from Which? Gardening, call 00 44 (0)800 389 8855 and quote VEG106F.

Hannah Stephenson

Plant of the week



Tulip

There is a tulip for every setting as they come in all shapes, colours and sizes - in single, double, goblet or star-shaped, frilly or long and slender. If you combine a variety of forms you can have a succession of tulips, which flower from early to late spring, throughout the season.

Beautiful varieties include the pure white Tulipa Mount Tacoma, which bears peony-like flowers, and the tall, elegant White Triumphator, which both look wonderful in pots.

In the border, World's Favourite glows orange-red with a delicate gold edge and Red Impression has elegant ruby red flowers on strong stems with impressive foliage.

For dramatic effect, grow parrot tulips for cutting. Garish and over-the-top for some gardeners but loved by others, these tulips have crumpled curly petals bunched into big ruffled blooms.

Many parrot tulips are scented which makes them particularly well suited as cut flowers. Choose a striking variety such as Tulipa Flaming Parrot, Rococo or Orange Favourite.

Tulips should be planted in late autumn - in Portugal preferably November or early December - with the base of the bulbs at four times their depth below the surface. Plant them in gritty compost in full sun and if they are in pots make sure there is plenty of drainage and that the pots are resting on pot feet so the bulbs don't rot from damp soaking in from the ground.



Assorted Asian vegetables



Checking out the price of oriental greens at the supermarket is enough to make most gardeners want to grow their own. Here are some tips.

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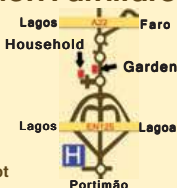
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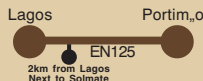


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Find your home's sunny side

As the colour of sunshine, yellow is ideal for bringing a feel-good vibe to your home.

Whatever shade you choose - daffodil on walls, egg yolk for fabrics, or zingy lemon for accessories - it can help to warm and brighten rooms.

Designer Tara Bernerd says that she likes to use the stronger, bolder tones of yellow in sophisticated or less obvious settings.

"Yellow shades don't only work well in bathrooms, kitchens, and on feature walls, but also look effective on woodwork and furniture, contrasted with other colours such as grey," she says.

Yellow is a versatile colour which can be used to suit a modern or traditional interior.

You can turn on the razzle-dazzle by contrasting it with lime or mint green or use it to bring a monochrome colour scheme alive.

Alternatively, choose softer yellow hues, many of which feature in floral patterns, for a discreet dose of sunshine.

"We tend to think of yellow as an exclusively modern colour," says Louise Smith, Dulux Colour & Design manager.

"But chrome yellow was first manufactured early in the 19th century and found favour with neo-classical architects. It's a colour which can be used to create a sharp architectural look if used in hits of block colour, or pale shades can cre-

ate a feeling of calm."

Clearly a colour for all seasons, wake up to yellow and turn your home sunny-side up!

Yellow rules

Make the most of any natural light, as this helps bring out a bright colour.

If you're wary of using strong hues, buy tester pots, paint large pieces of cardboard, and hang them on the wall so you can get an idea of what the finished result will look like.

Contrast yellow with minimalist white or grey colours or contemporary wood furniture.

If you're nervous, begin by flirting with the colour and introducing yellow accessories such as cushions, lamps or kitchen gadgets.

Be aware that some shades of yellow can take on an unattractive greeny-hue in artificial light. Avoid that by using daylight quality bulbs, or confine yellow to rooms that will mainly be used during the day.

Sunny side up: There are some glorious wallpapers around featuring every yellow shade under the sun.

Butterfly Belle lampshade, in wool felt with a hand-cut butterfly detail

Sunny kitchens

Yellow's a cheery choice for kitchens, especially when they're also used as dining areas.

Use it on a glass splashback or simply add the colour in a panel of tiles.

You could make a statement, at a price, with a Citron yellow work top.

Or think about using a tableware range to bring out the Sunshine with bright yellow blooms on a white background or a large yellow bowl.

Sunny side up: Look at your local kitchen company for yellow and beige lacquer units.

Make a yellow statement

Yellow is a great colour for a statement piece of furniture.

A streamlined, button-back, yellow sofa is an eye-catching example of contemporary style, although the eye-watering price might put you off.

Eastern-style furniture will also always be popular and can be found in yellow lacquer.

Those on a budget can sit in style on a funky, yellow-seated Pantone folding chairs.

Alternatively, if you're handy with a paintbrush, you could simply paint a chest of drawers, or perhaps a set of kitchen chairs, yellow.

And just because the shutters are down, this doesn't mean your rooms can't be

Gabrielle Fagan makes a home look light, bright and appealing with one of the most popular colours this year, sunshine yellow, and add some snazzy stripes and tropical touches for zingy rooms that lift your spirits.



warm and sunny.

Sunny side up: Go for a handsome, high-back chair upholstered in plush golden yellow velvet with jewel-coloured velvet-covered buttons

Sneak yellow into your life

Once you start indulging an enthusiasm for yellow, it's easy to get carried away.

Yellow ceramics and a double duvet sets.

Its clever use of shades include a daffodil yellow and soft gold mix - Try giving your sofa a facelift by dressing it with cushions, featuring an exotic yellow blooms.

Even a modest bunch of flowers would look a picture in a yellow jug vase.

Sunny side up: Switch on the colour with lampshades made from wool-felt with a hand-cut butterfly detail.



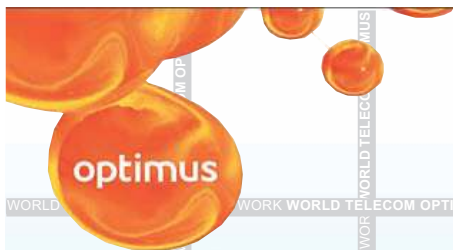
Chair upholstered in plush golden yellow velvet, with jewel-coloured velvet-covered buttons

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Hybrid Honda makes ecological affordable

Honda Insight is a tempting, five-seat family-friendly format with a decent boot combined with very impressive specification to offer a cost-effective package with running costs taken into account.

If it is possible to make it to the end of a Honda Insight road test without mentioning the Toyota Prius, you are not about to find out.

Frankly, life for any hybrid is going to be hard in the all-encompassing marketing and 'money-can't-buy-that-kind-of-publicity-celebrity-endorsement' shadow of Toyota's eco-friendly model. It is, quite literally, a halo product.

However, it is not cheap. In fact, a base level Prius will set you back a fair share more than a top of the line Insight. That's no ac-

Opel Astra EcoFlex or even Volvo S40 DRIVE (albeit a saloon model).

In this environment, the Insight is a more tempting proposition. The five-seat, family-friendly format with a decent boot (there's little price to pay for the electric motor and batteries thanks to clever packaging) combines with very impressive specification to offer a cost-effective package with running costs taken into account.

External additions such as the colour co-ordinated body, alloys wheels and tinted glass give the



pared to some mainstay C-segment rivals, but access is good thanks to a long wheel base that allows for well-sized doors. With a large glass-house the cabin feels airy, too.

On the open road, the Insight proves surprisingly nimble. An assured suspension set-up and balanced feel mean making progress is no chore. A CVT gearbox results in engine whine in the cabin under acceleration, but wheel mounted paddles are a neat touch and the responsive steering is one of the highlights.

Individual circumstances will dictate whether a hybrid proves a smarter purchase than a high-efficiency diesel model, but the Honda Insight's affordability means a greater number of drivers now have the option. With such strong equipment levels the ES-T model makes an attractive alternative.

(Source: PA/TPN)



Model: Honda Insight, from Â20,590.00
Engine: 1.3 litre petrol-electric hybrid unit producing 87 bhp and 121 Nm of torque
Transmission: CVT automatic gearbox driving the front wheels.
Performance: Top speed: 185 kph
 0-100kph: 12.5 seconds.
CO2 emissions: 105 g/km
Economy: 4.6 L/100km

cident. With the more affordable Insight, Honda aims to bring hybrid motoring to a wider audience.

Using an electric motor with 78.5 Nm of torque powered by batteries automatically charged under braking and coasting, the Insight is able to deliver a little more get-up-and-go than if it used its 1.3-litre petrol engine alone, alongside potentially impressive fuel consumption for a petrol-engined vehicle.

A valve train that shuts down when not in use to conserve energy and a trip computer designed to help develop frugal driving techniques play a part, but the Insight remains a car that has to be consciously driven economically in order to reap the rewards. It's endowed with all the qualities of a hyper-miler, but it's less of a natural than its ubiquitous rival.

That said, some might consider the comparison to the Prius a fatuous one. Being more expensive, in comparative specification, drivers might expect the Prius to be a more polished product.

A more sensible comparison would be against similarly priced and sized family hatchbacks such as the Ford Focus Econetic,

Insight a contemporary appeal. A reversing camera is handy too - given the poor visibility out of the rear - while heated seats, automatic wipers and lights, climate control, cruise control, full electric windows, voice recognition sat-nav, USB input and a chunky leather steering wheel with integrated controls mean there's a premium level of equipment in the ES-T model.

That level of luxury is not always replicated in terms of build quality, however. The interior plastics feel lightweight in places and interior rattles over pot holes are not uncommon.

Yet despite a few shortfalls, the Insight's cabin remains a pretty pleasant experience, particularly for the driver thanks to the hi-tech dashboard. The smartly designed and highly ergonomic controls are located around the driver in a cockpit style and the extremely clear digital and analogue dials and displays are a real triumph. The only bug-bear is the limited scope for adjusting the steering wheel angle, as the top of the wheel needs to sit in line with a blank part of the dash to avoid obscuring the displays.

Passengers also fair well. The rear bench is a little cramped com-

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Equinox Aqua Class

Think of the ideal resort for a wonderful, relaxing holiday. Obviously it will have luxury rooms, sea view terraces and five star plus service. Add a choice of ten or so restaurants, from Italian to Japanese and Healthy Cuisine, where there are no charges for whatever you choose from the menus. Introduce a spa and health centre, several swimming pools, indoors and out. Be a stroll away from plenty of nice shops, many bars and clubs from small and intimate to larger with live music and a disco. Discover the lawn club, then add a 'West End' style theatre with star acts and shows but no ticket cost. And the extraordinary bonus (most mornings) is that when you wake up and look out from your terrace, you are somewhere new. If that sounds attractive, then take a new look at cruising with Celebrity Cruises.



Enjoying a day at sea on board the Equinox

I have always tried to compare Celebrity Cruises with a 5 star+ hotel, but after talking one evening to the food and beverage manager on board the Equinox, he pointed out that they were much more than a hotel, they are a large resort, and if you think of the size and facilities, he is right on. These luxurious Solstice Class ships offer as much, if not more, than a luxury resort, plus they move (not that you can detect any motion) to interesting places. I have spoken to so many people who say, "I would never go on a cruise" and give reasons that seem to go back to age-old perceptions of what cruising was like. I can't speak for other cruise lines, but as far as Royal Caribbean and Celebrity Cruises are concerned, they have clearly revolutionised the whole concept of cruising, and if you are one of those who think it's not for you, think again, it's an outstanding and superbly relaxing holiday and great value for money.

A friend of mine from Hong Kong would always tell any young lady he was taking out for a meal, "Look at the number to the right of each item on the menu, that's how many calories there are in the dish". Well that trick wouldn't work on board these cruises as there are no numbers (prices) next to any

dish. You can choose anything from the extensive menu in any of the nine restaurants, and there is no charge. All you pay for are your drinks, and if you choose one of the smaller 'speciality restaurants' there is a small booking charge of a few dollars. Drinks and wine are more or less the same as on land. Make sure you don't miss the 'Cocktail of the Day' which is always \$5, about €4 or less, and they are great. Everything on board is charged in US Dollars, so it's even cheaper than you initially think.

Aqua Class

Last year we went on the press trip when the Equinox was launched, so it was good to take a longer cruise and see how this ship has 'settled in'. We tried an Aqua Class Stateroom, a category that is specially aimed at the health conscious passenger. You have special access to the Spa and Health Club which are almost outside your stateroom

door, but best of all was the outstanding 'Blu Restaurant'. This is a small special restaurant for Aqua Class passengers, and the meals are quite exceptional in terms of content, quality, presentation and service. It deserves recognition from Michelin - yes, it's that good. We ate there almost every evening simply because of the variety on the menu each night (four courses, and several choices for each course). The main courses ranged from lobster tails, fresh fish to New York ribeye steak if you are feeling a little more hungry. Service was attentive and discreet. This is healthy fine-dining at sea.

The Aqua Class Staterooms are the same size as almost all of the veranda staterooms, 194 square feet with a 54 square foot veranda. One of the nice touches on this class of ship is the much improved veranda seating, very comfortable chairs with footrests. The unique features are a



One of the pool bars (enjoy a different cocktail each day)

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The writer's wife enjoying morning solitude in one of the pools

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'spa style' shower, luxury bathrobes, loofah slippers, high quality toiletries, daily fresh fruit and flowers, and canapés served in the afternoon. You are welcomed on board with a glass of champagne, but in these staterooms there is also a bottle of bubbly waiting for you on ice, just the thing to start your cruise. Other very nice touches in Aqua Class are the two bottles of min-

eral water delivered to your stateroom each day and unsweetened cold tea. All Aqua Class Staterooms are on the 11th deck, with easy and direct complimentary access to the Persian gardens with steam baths and saunas and relaxation areas, plus of course the gym and health club.

The only slight 'omission' is that, unlike Concierge Class

(read more about this class at www.travel.theportugalnews.com), the perk of serving your breakfast on your veranda with a tablecloth and a delightfully laid out table is not available. You can request room service (which is complimentary) but it will simply be served on a tray.

The alternative, which we really appreciated is that one deck above, next to the indoor pool, is the small and discreet Aqua Café which serves healthy breakfast options and is rarely (if ever) full and overlooks the sea and the pool. Most people are in the Ocean Café tucking into eggs and bacon, and a vast range of other delicious, though perhaps not quite so healthy, breakfast options. Keep your visit to the Ocean Café for afternoon tea for delicate sandwiches and pastries and early evening when they are serving wonderful fresh Sushi, prepared by Japanese Chefs.

We sampled a 10 night cruise

from Rome which took us around the Greek Islands, also stopping at Sicily and Turkey. In each port there is the chance to take organised trips to local attractions, or to simply stroll off the ship and walk around. The Greek island of Santorini was fascinating as we stopped in the bay and took a shuttle boat to the port side where you boarded a cable car that took you to the mountain top village. We chose to spend each morning on board by the pools and Jacuzzis, then visit the local town after lunch to walk around. We are slightly ashamed to say that we didn't participate in a single one of the many excursions which almost empty the ship each day, nor were we very good at joining in the plethora of on board fun activities, so popular with many of the passengers.

In the evening after dinner, the shows are a must. Each night is a different performance, either with a top line international



The Aqua Spa Café for healthy breakfast and lunch by the pool



A stateroom with balcony



Luxurious seating in the pool areas



Real grass in the lawn club, ideal for bowls and putting or just lounging

Cruise Misconceptions

"I'll be seasick"

No you won't. Movement is barely perceptible and as the CEO told us "We don't dream up the perfect holiday environment and then allow people to feel sea sick". The stabilisers are amazingly effective.

"I'll get stuck with people and have to socialize"

You only have to be sociable, if you want to. You can dine alone and the public areas are so spacious that you can always keep yourself to yourself.

"I'll get fat"

You might be tempted to overeat on the first day or two, but with so much quality food available all the time, you'll soon be opting for the healthy choices and tucking into the mountains of fresh fruit and salads. Fattening fast food will be off your menu for the duration of the cruise, so you'll probably lose, rather than gain, weight, and of course there is a gym!

"Other passengers will be old"

All ages enjoy cruises nowadays. That's why there are so many activities for children, bars and discos for the young, whole families enjoying meals together and then go their separate ways during the day and there are quite a few singles.

"A package holiday in a single destination will be cheaper"

Not so. Consider all the entertainment, the free food, the service - a cruise is the best value for money by far.

"I'll be bored"

Only if you want to be. Because we wanted to relax, we sat by the pool, read books from the library, strolled on shore, took leisurely drinks and meals and this is as boring as it gets. Every night a programme for the next day is delivered to your cabin with activities and classes including fitness, language, Photoshop, glass-blowing, dance, cookery and wine-tasting, games, raffles, bingo, casino, game shows, various parties, singalongs and live music groups throughout the ship.

The ship is a virtual art gallery with fascinating works of art on permanent display and you can also bid at art auctions. Add the on-shore excursions for the strenuous and the not so strenuous and be convinced that boredom is not an option.

artist or a show. On the Sunday we had 'Equinox The Show', which was something in the style of Cirque du Soleil with dancers and acrobats 'flying' above the audience on wires, to say it was spectacular is an understatement.

The theatre is almost an experience itself, with platforms that raise and lower, superb lighting and sound, three levels of seating and great staging and sets. If you had paid €30 a seat you wouldn't have been disappointed, free was even better but was not taken as an excuse to compromise on quality.

In fact quality is something that really isn't compromised anywhere throughout the ship. I don't know of any luxury hotel that has so many staff waiting to help you. A small example is that in a good five star hotel you may get a 'turn down' service, where the maid will turn down your bed and put a chocolate on your pillow. On board the Equinox your stateroom is fully serviced while you are at dinner, the bed re-made, the bathroom

cleaned, the veranda tidied and everything put in order. It's impressive.

You really have to try a cruise to know how good it is, but expect to be 'converted'. On this page you will find the contacts for the RCI and Celebrity Cruises main representative for Portugal, and as a reader, there is a complimentary bottle of champagne on offer for you (even if your stateroom includes one, then you will have two!).

Paul Luckman

NEXT WEEK:

Going on a cruise if you have a physical disability.



Wake up to a new view nearly every day

Cruise Tips

- Cruises from Barcelona, Rome and Malaga are less expensive than from Southampton (most of the time).
- Travel the day before the departure port (unless you have bought the transfer arrangements from the agents). We missed our cruise last year due to flight delays.
- Both RCI and Celebrity offer coach transfers to and from the Airport, and they deliver your bags straight to your stateroom.
- Stay on board some mornings, the ship is almost empty while people go off on trips.
- Look at RCI if you have kids, Celebrity if you want a little more luxury.
- Avoid UK school holiday periods if you want the best prices.

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Knock pain on the head



The first thing most people will do when they're in pain is reach for the painkillers. As a new leaflet is issued by the British Pain Society on how to manage pain effectively with over-the-counter medicines, Lisa Salmon looks at the advice it gives, ask the experts how painkillers work and which traditional and alternative methods are best.

Reaching for a painkiller to relieve a headache, period pain or other short-term discomfort is an accepted way of coping with modern life's stresses, strains and pains.

But while over-the-counter (OTC) painkillers usually do a great job of keeping pain at bay, some people just don't use them as well as they should.

The right type of painkiller isn't always used for the right type of pain, and many people don't realise that some painkillers can be

combined to get optimum, safe, pain relief.

It's for this reason that the trade association for the manufacturers of OTC medicines, the Proprietary Association of Great Britain (PAGB), and the British Pain Society (BPS) have published a leaflet explaining how to manage pain effectively using OTC medicines.

The leaflet covers areas including the safe use of medicines in managing pain, how different OTC painkillers work, and the

importance of reading pack instructions.

Dr Paul Stillman, a Sussex GP who's helping to promote the leaflet, says: "Some people feel you shouldn't treat pain, and that it's a warning sign that it just go away on its own."

"That seems to be unnecessary - most pain is treatable, and I don't see much point in not treating it, as long as people are responsible and use appropriate medication for the appropriate time."

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OTC painkillers: paracetamol, non-steroidal anti-inflammatory drugs (NSAIDs), and codeine and dihydrocodeine.

Paracetamol relieves pain and fever, and while the way it works is still debated, it influences pain messages in the nervous system and reduces the production of some pain-related chemicals.

NSAIDs like aspirin, ibuprofen, diclofenac and naproxen are helpful for pain associated with inflammation such as muscle and joint pains, acute strains and sprains.

They work by influencing the production of inflammatory mediators (molecules released by immune cells when harmful agents invade the body), and so change the body's response to pain.

Codeine and dihydrocodeine are effective pain relievers which block pain messages in the brain and spinal cord.

They work by mimicking endorphins - the brain's naturally occurring pain-reducing chemicals.

Painkillers containing codeine or dihydrocodeine should only be used for short-term treatment of acute, moderate pain which isn't relieved by other OTC painkillers.

Stillman points out that if you have muscle pains from a cold or flu, for example, paracetamol or an NSAID would probably be better than something containing codeine.

Labelling will soon feature on packs of OTC codeine medication, warning that regular use can lead to dependence.

However, Stillman stresses: "The amount of codeine in OTC drugs is small, and the potential for addiction has been by and large overstated."

Problems like dependence, and side-effects, are rare when OTC medicines are used correctly, although it's important to read the pack information so you know what to look for, and to check the correct dosage.

"I think if people were aware of the different sorts of painkiller, and the fact that they work in different circumstances rather better, they might be used more appropriately," says Stillman.

"You should change your painkiller according to the circumstances, and don't use something stronger than you need for longer than you need."

Because painkillers work in different ways, some products contain more than one type of pain reliever. For example, aspirin, paracetamol or ibuprofen may be com-

bined with codeine, producing stronger pain relief which is particularly effective for migraines, backache, dental pain and period pain.

Painkilling ingredients may also be combined with caffeine, which may improve pain relief, and doxylamine, a muscle relaxant thought to help relieve headaches.

Stillman illustrates the worth of painkiller combinations with the example of a child with a high temperature.

"If you're careful and know what you're doing, if you use paracetamol every four hours, or ibuprofen every four hours, actually you can interlock them so the doses are only two hours apart."

"Working in different ways on different parts of the physiology of the body means that you can combine the effects quite successfully."

Pointing out that some OTC medications are combination products anyway, he emphasises that people in any doubt about drug combinations should talk to a pharmacist.

A doctor or pharmacist should also be consulted if you don't know what the pain is, if painkillers are needed continuously for longer than three days, and/or you suffer from lack of sleep, inability to concentrate, low mood or restricted movement due to the pain.

OTC painkillers shouldn't be used to top up the effects of prescription painkillers without checking with a doctor or pharmacist.

"In the short-term, OTC medicines are safe, and in the great majority of people they're going to

be effective," says Stillman.

"But if it doesn't work, common sense should prevail and you should certainly consult a pharmacist or doctor."

While Stillman is a traditionally-trained doctor, he acknowledges that other, complementary medical treatments may also help relieve pain.

"Just because you don't know how something works doesn't mean it doesn't work," he stresses.

While he believes chiropractic and osteopathy work, he says homeopathy is "more difficult because there doesn't seem to be any evidence".

"Many people feel inherently that the basis to it is difficult to understand - how the less you use, the more effective it becomes."

"But these things aren't going to cause any damage, and if it works for you, who are we to say it's wrong?"

Jayne Goddard, president of the Complementary Medical Association (CMA), insists that traditional pain relief and complementary pain relief can work together for the best patient outcomes.

The trained homeopath and hypnotherapist says the vast majority of headaches happen because people are dehydrated, or because of muscle tension.

Stressing that dehydration can also cause muscle aches, pains and cramps, she suggests: "If you've got pain, my first advice would be to drink a large glass of water, wait half an hour and see how you feel."

"You need to make sure there isn't an underlying reason why pain is happening - it's a signal that something is amiss and

needs to be sorted out."

For period pains which don't stem from more serious conditions such as endometriosis or fibroids, Goddard advocates massaging a pressure point above the ankle.

The acupressure point, which is three finger widths above the inside ankle bone, is very sensitive, and Goddard explains: "If you press there and massage it for a good 30 seconds on both ankles, bingo - period pain is all gone."

She also recommends using breathing techniques for pain relief, claiming slowly breathing in through the nose and out through the mouth, and using massage can really help, although she stresses the importance of seeking your doctors' advice before embarking on any course of complementary therapy.

"Touch dramatically reduces our perception of pain," she stresses.

"Never underestimate the power of human touch."

She adds: "Conventional medicine has a lot to offer, but I don't believe it has all of the answers, just as complementary medicine has a lot to offer but doesn't have all the answers."

"In my view, the two should work hand in hand."

:: The 'Managing Your Pain Effectively Using OTC Medicines' leaflet is available in pharmacies, or can be downloaded from www.pagb.co.uk, or www.britishtipsociety.org.

:: Details of qualified complementary practitioners are available on the Complementary Medical Association website www.the-cma.org.uk.



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Divas & Door Slammers

Tearing your hair out at the behaviour of a teenage child isn't uncommon behaviour for parents. Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Many feel horrified and helpless, not knowing how to deal with a child who's turned into a moody and uncommunicative monster in their teenage years, often after being a pleasant pre-teen.

Charlie Taylor knows all about such behaviour from years of teaching children with behavioural problems.

He is now the head teacher of a special school for children with behavioural, emotional and social difficulties in West London, and also works as a behaviour consultant, coaching teachers and parents on how to manage kids' behaviour.

And now he's sharing his expertise with many more parents through his new book *Divas and Door Slammers*, which is full of effective techniques to help improve teenagers' behaviour.

In a bid to get desperate parents to understand teenagers a little better, Taylor also explains why huge changes in the wiring of the brain, together with extra hormones, make them behave in the way they do.

He says: "I think a lot of parents need more help, and are frustrated at the situations they get themselves into with their teenagers."

"If you're having difficulties with your kids, these ideas worked with some of the most challenging kids around, and they'll work with yours."

Father-of-three Taylor, 45, explains that while parents sometimes know the best way to deal with potential conflict between themselves and their teenage child, emotions can get in the way.

For this reason, the best practical step is for parents to plan how they'll deal with certain problems that crop up regularly, such as not tidying a bedroom, coming home late, etc.

Then when such situations occur, mum and dad will know what they want to say and do, and feel more in control and thus less likely to lose their temper.

"The trouble with behaviour is that it's so emotional that when you're dealing with it, instead of doing what you know you should do, you end up doing what you feel," says Taylor.

"Take some time to think about what you'd really like to see instead."

"Once you've made a plan, including the rewards or sanctions, you'll stay calmer."

"If you have a kind of script and you've planned how you're going to react, you feel in control and aren't letting the child plan your reaction for you."

The key to making plans for behaviour work, he says, is plenty of praise when a teenager does something right. He suggests parents work towards giving praise and criticism at a ratio of 6:1 - so if

you criticise one thing, then find six other things to praise about a teenager's behaviour.

"Parents need to understand that if their child isn't misbehaving, then there will be something to praise."

Praise for behaviour you want to see more of is vital, as are plenty of small rewards. These need to be things the teenager values, like money or more time on the computer, but shouldn't cost much.

Taylor stresses: "Parents often feel that they need to have a big, spectacular reward to motivate their teenager. This is not the case."

"What motivates the child is often not the reward itself, but the certainty that if he meets his target, he will get it."

Rewards should be used to change specific aspects of behaviour, and should only be used for about three weeks for one particular aspect.

"You want children doing the behaviour because they want to do it, not for the rewards," explains Taylor, who assures parents that most teenagers won't revert to the bad behaviour after the rewards



Divas & Door Slammers, published by Vermilion, £10.99/£13.18.

stop, because "they don't like being in trouble and they much prefer positive reactions."

Taylor says praise is the most effective reward parents can use to prompt better behaviour. But it needs to be carefully delivered, and should be specific and descriptive with a thank you or a well done at the end, rather than gushing hyperbole about how wonderful the teenager is, which may come across as patronising and/or insincere.

Punishment and consequences are an almost unavoidable part of life with a teenager, although Taylor warns that while punishing them can make parents feel strong and in control, it can often make things worse.

Punishments should be as small as possible, as Taylor warns: "Punishment alone won't change bad behaviour."

"What changes behaviour is the certainty, after the threat, of getting the consequence, not the size of the punishment."

It shouldn't be used as a way to get even with the teenager, but to show him the behaviour is unacceptable and encourage him not to do it again.

Effective consequences might include grounding (for an evening, not a week), docking a little pocket money, and removing electrical goods for a few days.

The way parents communicate with teenagers is also key, and Taylor recommends they adopt the Three T's approach: Tone, Timing and Text.

That is, how you say it - in a neutral tone - when you say it - not early in the morning or when you've just got back from work - and what you say - plan it beforehand.

While it's sometimes tempting for weary parents to back down to avoid fights, Taylor urges them to set boundaries, be consistent, and stick with trying to change their teen's behaviour.

"Hang in there - it won't last forever," he promises.

"If you can keep your relationship with them reasonable through these tough years, you'll have a good relationship with them when they become adults."

Have a smooth summer

Lisa Haynes finds out how to stay bikini confident with a guide to silky smooth skin.

Life's a beach when you're relaxing in your bikini, but actually achieving that super-smooth look can be a hair-raising chore.

Two thirds of men have no idea what it takes for their partners to look their best, a new study by Jolen reveals.

Women apparently spend about five hours a week in the

bathroom on a secret beauty mission - and shaving or waxing legs came top of the beauty cheat list ahead of plucking eyebrows and applying make-up.

"The process women go through to look good is sometimes not at all glamorous or ladylike," says Emanuela Germano, spokeswoman for Jolen's new hair removal range. "Waxing, plucking and bleaching hair is just one aspect of a beauty regime that is not alluring but it's what most women put themselves through to look their best."



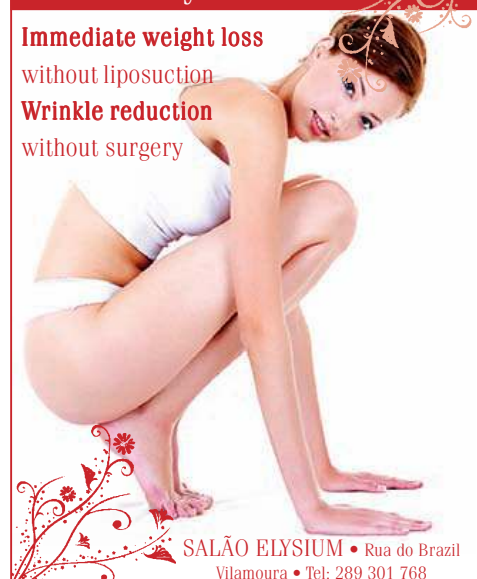
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Shaving siren

If you need lightening-fast removal, a razor will give you results in the nick of time but the dreaded stubble will make a reappearance within a matter of days - not ideal for long holidays.

Top tip: "I always recommend a razor with built-in shave gel bars," says skincare expert Nichola Joss. "They produce a lather when wet that will leave your legs feeling soft and silky smooth."

Ouch factor: Pain-free as long as you avoid nasty nicks and cuts. "These can be avoided with well-prepped skin," Nichola advises, "exfoliated and moisturised skin is less likely to cause you problems when shaving."

How often: Depends on each individual, but you may find hair grows at a faster rate during the summer months.

Aftercare advice: "Rinse

your skin with cold water afterwards for fresh skin and closed pores," Nichola recommends.

Waxing wizard

High pain threshold? If you can stand the grin-and-bear-it technique, waxing puts an end to unsightly stubble as hair grows back finer, softer and lighter.

Top tip: "Be sensible," says Perron Rigot waxing guru, Kim Lawless. "Don't sunbathe the day before your waxing appointment. Dry brush your skin and you'll get a much better finish."

Ouch factor: Ministry of Waxing give their clients a squeazy toy to divert the pain. Check your therapist is using a high-quality wax applied at a low

temperature to keep discomfort to the bare minimum.

How often: To get the best results from your waxing, leave the hair to grow between treatments for 3 to 4 weeks.

Aftercare advice: "For 24 hours after you've been waxed, avoid heat and friction on the waxed area," Kim advises. "Also use a dry brush after two days, then two or three times a week after, but don't go mad as this can cause ingrown hairs."

Epilation angel

Patience is rewarded with epilators. The tweezer system removes hair from the root in a process similar to waxing, but each session can take time before you're completely stubble-free, so it's best attempted on a leisurely morning/night.

Top tip: "A warm bath before you epilate is a good idea as it opens

your pores," says Melanie Hanks, Veet's electrical expert. "Try exfoliating before you epilate - this ensures a smooth and easy epilation process and reduces the chances of in-growing hairs."

Ouch factor: The process can feel painful at first but you'll soon get accustomed to the tweezer effect.

How often: You can be smooth and hair-free for up to six weeks.

Aftercare advice: "Always use an unperfumed body oil after you've epilated," Melanie recommends. "This is a great way of re-hydrating your skin and injecting much needed oils back into the skin."

Laser luvvie

Want to wave goodbye to body hair long-term? Laser hair removal won't make every single hair vanish into a puff of smoke but it can permanently reduce hair growth over a course of treatments.

Top tip: "Ask about longer pulsed 'Lyra' lasers, which are suited to all complexions, so common side effects such as an increase in skin pigment are avoided," advises skin's medical

director, Dr Sean Lanigan (www.sknclinics.co.uk).

Ouch factor: Slight stinging sensation, but the fact it's over quickly makes it bearable.

How often: sk:n clinics recommend a course of six treatments every 4 to 6 weeks depending on the area being treated.

Aftercare advice: "We advise our clients to protect their skin from the sun after each treatment using a high SPF," says Dr Lanigan.



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Carrie-Marie Bratley



Jonnie shows off his skills in the Bistro kitchen



While the Algarve is rapidly establishing itself as a sophisticated 'foodie' destination and home to serious contenders on the world's cuisine scene, one unassuming restaurant in Almancil – dubbed the 'Home of Good Mood Food' – is being hailed responsible for thrusting the town onto the region's gastronomic map thanks to its fabulous fare with a little Irish twist.

Dublin-born Jonnie Pratt took over Bistro Des Z' Artes in October 2008, assuming the daunting role of both chef and patron of his first self-owned restaurant.

Dining at the Bistro is a bit like converting one's living room into an elegant venue for fine dining: cosy and comfortable, yet refined and quite special.

The menu is designed to do one thing: satisfy even the highest expectations. That is also has 'wow factor' is simply a derivative of Chef Jonnie's innate talent.

The entire menu is of Jonnie's design; he sources all of the ingredients himself and can frequently be seen at the local market scouting for the freshest, most succulent produce.

"I like to put a twist on everything, make it interesting but recognisable", he explains, acknowledging that, as chef and patron of the venue, "something that's right is my doing but anything that is wrong is my fault".

As well as an À la Carte menu that is "tweaked" every few

months to showcase the best seasonal produce, on Friday and Saturday nights a 'Fresh Produce Menu' is available: a six-course set meal for €18 per person (excluding beverages).

The Fresh Produce Menu changes weekly, offering an exciting line-up of unusual recipes at excellent quality for money. For example, on Friday and Saturday this week (July 30th and 31st) the Menu will feature tomato and basil tartlet, creamy vodka pasta bows with John Kettleys smoked salmon, mint sorbet with chocolate and espumante, pan fried fillet of seabream St. Tropezienne, 'real' trifle, and coffee and petit fours.

The À la Carte menu features tantalising creations such as chilled pea & mint soup, 'The world's best ever tomato salad', scallops with champagne, vegetable cream and parfait of chicken liver with muscatel jelly (for starters, while main meals include giant prawns with Vietnamese slaw, pan fried pork fil-



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key with lemon sorbet, chocolate
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Chef Jonnie's love of cooking
was already evident in childhood;
"I started cooking with my
mother and grandmother to raise
money for the local Rugby club",
he says. But it was Japanese
restaurant Akiko Hoashi,
founder of the Ayumi Ya Japa-
nese Restaurant, arguably the
most famous Japanese restaurant
in Ireland, who "lit a culinary fire"
in Jonnie that still burns today.

After training at the Dublin
College of Catering and graduat-
ing at the age of nineteen, Jonnie
embarked on a career path that has
allowed him to travel the world,
achieving several awards and
much acclaim along the way.

These included cooking for one
of his idols, French chef and
owner of the world-renowned,
two-Michelin starred restaurant
'Le Manoir aux Quat' Saisons',
Raymond Blanc.

In 1997 Jonnie took up the po-
sition of Sous Chef in the famous
Shelbourne Hotel, Dublin, before
working at the Le Meridien
Penina, Portugal, and later trav-

elling the Caribbean as Senior
Sous Chef of the MV Norwegian
Sun on its maiden voyage.

In 2002 he was appointed Ex-
ecutive Chef in The Safir Deira
Hotel, a 5-star boutique hotel in
Dubai, before returning to Ire-
land in 2003 as Executive Chef in
the Marriott Druids Glen where
he won an award for Irish Hotel
Restaurant of the Year.

Jonnie went on to join
Eurotoques, cooked at the pres-
tigious James Beard Founda-
tion in New York and also won
an award for culinary excellence
for Marriott International. He
made numerous appearances as
a TV chef and received many fa-
vourable mentions in the press
as one of Ireland's up and com-
ing chefs.

But, according to Jonnie, Bis-
tro Des Z'artes is by far his most
challenging role to date.

"I do it for the thank yous", he
laughs, adding "knowing people
have enjoyed it, that's what
makes it all worth while".

For more information on Bis-
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Dog Whisperer returns

Lots of people visited Madeleine Walker when she was in The Algarve last June and many have asked if she will return. I was more than excited to receive this announcement and pass it on to everyone in doggy world. Madeleine has been with the elephant, white tigers & is writing another book. I have her first book which is wonderful.

I would personally love to do the 4 day course but it clashes with Paws4Pets commitments sadly.

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are happy to pronounce that Madeleine Walker will be returning to the Algarve. To read about Madeleine's work please visit her website: <http://www.anexchangeoflove.com>

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ing and confidence that we all can hear what animals have to say to us. Many animals come to 'heal' us, but we also learn to help meet their needs, by opening our minds and our hearts!

Madeleine is also offering one to one sessions please ring Zena for further details.

Booking:

Only limited seats available. Bookings and deposits must be received by 15th August. For bookings please confirm with Zena Camp by e-mail or telephone.

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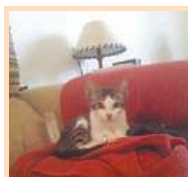
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Madeleine Walker with dogs that she loves.

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XICO, a cross of Dalmatian and Portuguese Perdigueiro, young (around 2 years old) and full of energy is looking for a home. He was abandoned,

like many, one night chained to a fence of the shelter and he does not like it there. He craves for human affection and with 250 dogs we can only give very little of it to each one. If you would like to give him a home, contact us at: sesimbra.bianca@gmail.com or see more pictures at www.bianca.pt/english

www.bianca.pt

Milo & Me

I've finally found a lovely countryside walk on which I can take Milo and let him off his lead for a proper leg-stretch. He literally gallops like a horse - not quite as elegant though. His massive paws, floppy chops and huge ears make him look really funny when he bounding along. I've started describing him as a 'Gazonkey' - he has the agility of a gazelle and the grace of a donkey.

He gets really excited about the horses in the fields. He stands, watches, wags his tail furiously, and then decides to steer well clear.

Milo has what you could call big-dog syndrome. He seems to know he's bigger than most dogs in our village (even at five months) and his boisterous, bully-ish attitude reflects it. Any dog that dares ignore Milo (or be even quietly reserved about meeting him) gets a rude introduction, ranging from a quick jab with the paw or a full-on body-slam. It's one way of getting attention.

Horses though, are a different kettle of fish. They're just a bit too big for Milo to get up close and personal

with. You can see he's contemplating doing a 'nip-and-run', but then decides better not to.

I absolutely love the walk, but it has started to become a bit unnerving being in the middle of the countryside by one's self. This despite the fact that I used to live in the middle of the countryside, in an isolated wooden house (which was not equipped with any type of security system except a satellite dish that lost its signal if someone walked in front of it) and it never bothered me in the slightest.

Admittedly, a few months after I moved out and someone else moved in it was broken in to. And now, with a few worrying rumours flying round the village, it seems to have made me very wary of where I go and what I do. So I always tell someone where I'm off to, my trail, I go while it's still tight, and take my mobile phone (hidden somewhere out of sight) with me. Never hurt to be streetwise. What's the alternative?

And, in an attempt to save my marriage (before I'm even married!), I also stocked up on lawn-repair goods this week; spent an absolute fortune on 'quick-growing, hard-wearing, self-repairing grass seeds', ani-

mal-friendly fertiliser, for lush, green lawns', and a couple of wooden decking tiles to cover the offending spots with while the grass (hopefully) grows back.

Other Half suggested that, should our attempts to revive the lawn fail, we could always turn it in to a mini Krazy-golf course, which in theory is not a bad idea, except Milo would probably run off with the golf balls and dig more holes to bury them in.

Carrie-Marie Bratley



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ALL SAINTS ANGLICAN CHURCH,
ALGARVE Holy Communion every
Sunday. **Almancil** 10.30am with Ad-
ventures at Almancil Community
Centre (ASCA). **Lagoa** 6pm at Lagoa
Convent Chapel, www.allsaits
algarve.org or 282 380 311.

ST VINCENT'S ANGLICAN CHURCH
C of E. Sundays: 9.30am Igreja N Sra
de Fatima, N125 between Quatro
Estradas & Almancil, 11.30am St
Luke's, Gordões, 8.00am & 12noon
Igreja N Sra da Luz, Praia da Luz,
near Lagos 918824584.

www.stvincentsalgarve.org
THE SALVATION ARMY in São Brás
de Alportel will hold on the 1st
Sunday of each month an Interna-
tional Salvation Service at the Salva-
tion Army Citadel in São Brás at
5pm, Rua 25 de Abril, n 19 (next to
the Market).

INT. CHRISTIAN FELLOWSHIP Rua
N.S.do Amparo (just off Avda 25 de
abril) in "The Bridge" rooms,
Cedipraia Shopping Centre. Wor-
ship Sundays at 11am. Sunday School
for children in English & Portuguese.
For more info call 282 461 985 see

<www.coaa.co.uk/icf.htm>
INT. COMMUNITY CHURCH in La-
gos invites you to attend its services
in English Sundays 10.30am.
Frontier Sunday School 5
Travessa de Santo Amaro, Lagos,
Tel. 282-086804 or 282-697546,
www.icc-lagos.org.
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day Services in Vale Judeu at 10.30.
Blue sign on the N125 between the
Vilamoura entrance & the Atlântico
Waterlark Park. Creche and Sunday
School. For further information: 289
328635.

CHURCH IN LAGOS. Sundays
10.30am at 14, Praça Luís de
Carnot. In the historical building,
upper room, in the centre of the old
walled city of Lagos. Messianic As-
sembly. Our mission Math: 28 v 18
to 20. Contact Stefan Saunders (Tel: 963
165 983,
stefanjsaunders@yahoo.co.uk)

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Full programme and further details
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872 665 and 917 872 559 or Maria 966
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Pastors Sidney 963414757 or
Anderson 96294005

SALVATION ARMY Service Sun-
days at 10.45am in Portuguese. Bi-

ble studies for children, adolescents
and adults in Portuguese starting at
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19, São Brás de Alportel

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EREV SHABAT - For services Tel:
282 116710

JEHOVAH'S WITNESSES - Public Talk
in English. The New Kingdom Hall of
Jehovah's Witnesses, 25 Largo
Emgembreiro Sarrea Prado, Portimão
(Next door to the University). Sun-
day 10.30am. School Thursdays
7.30pm Tel: 282 485 495. (Chinese:
Saturday 4pm) No collection. ALSO
Sítio de Lagos, Edifício Space Beau-
tiful, Av 25 April, Ferreiras
Albufeira. (Sunday 10am. School
Wednesday 7.45pm Tel: 282 339
372.

Oporto

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914 949 611 between Aguda and
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**ST. JAMES'S CHURCH, ANGLICAN
CHAPLAINTY OF OPORTO.** Lagoa
da Maternidade, Júlio Dinis. Sun.
11am Details from Chaplain (22) 609
1006. www.stjamesoportoporto.org
THE SALVATION ARMY OPORTO
Pereiro Corps (Av. Vasco da Gama
No: 675-2 E Ramalde), Service 10am,
Saturday Meeting 5.00pm. Colours
Corps. (Av. dos Bombeiros Voluntá-
rios); Tel: 22 929 1077) Sun. 10am.
Thurs 4.00pm Ladies Home League
Meeting.
JEHOVAH'S WITNESSES - Public Talk
in English. Praça Don Afonso V, 168.
Sunday 10.30am. Tel: 226 160 976.

Caldas da Rainha

**ANGLICAN EVENING WORSHIP IN
ENGLISH.** On the **SECOND Sunday
of each month**, 6:00pm in the Evan-
gelical Baptist Church, Rua Dr. José
Saudade e Silva 27/29, between
Caldas da Rainha railway station and
Pingo Doce. NB now **Second Sunday**
monthly. For details please phone
262 881 393.

JEHOVAH'S WITNESSES - Public Talk
in English. Rua Adelino Amaro da
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CANCER MEETINGS Have you been affected by Cancer? Members of the women's cancer support group meet for advice or an informal chat on the first Wednesday of every month in Loulé. If you would like to join us, please contact Vi on 289 882 680 or 917962255.

CASA - IS a local social group established over 20 years ago. A friendly group who have a monthly newsletter and at least one activity per month, usually dinners at local venues. We have an annual trip to Spain or within Portugal, plus other activities. Open to everyone. For more information and a sample newsletter give Mary a call on 282 357 275.

WEIGHT WISE slimming group meets weekly in 3 locations & helps you to loose weight following a well known, successful weight loss program. Meetings details are as follows:

Tuesdays 10.30am - Browns Sports & Leisure Club, Vilamoura
Wednesdays 11am-Mikki F Studio, Algoz
Thursdays 10.30am - Restaurante As Aves, Ladeira do Vau, Portimão
Thursdays 7.30pm-Mikki F Studio, Algoz. Cost is 20 euros per month or 6.50 euros per week. There is no joining fee. You can contact me on 939536347 or e mail wendyweightwise@yahoo.com for more details.

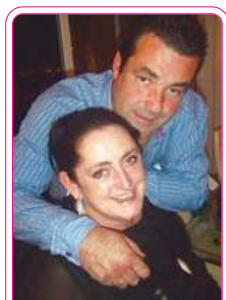
URGENT APPEAL from Centre Algarve (24x7 Special Needs Holiday Trust) Reg Charity 1136059. We urgently need donations of unwanted Gardening and building tools. Do you have any tools or equipment lying around which we could use at our exciting new project? We are also desperate to loan a cement mixer or heavy duty strimmer/scrub cutter. If you can help in anyway please contact: Tom 962 812230 anytime (we can collect) www.centrealgarve.org

www.theportugalnews.com



OPEN DAY

1st August from 10h00 to 16h00 - Spend a day in the beautiful countryside of Monte Ruivo - Many items for sale - cold drinks & snacks - Please call Bridget Hicks on 282 687 334 - Lagos Animal Protection Society (LAPS)



CONGRATULATIONS

JO & VASCO on the long awaited opening of your own restaurant 'Fim do Mundo' in Ferragudo wishing you both all the very best in your new adventure. Lynn, Humberto Jessica and Antonio.

WOMEN'S RETREAT

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CAR BOOT SALE held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the Veterinary clinic in Espiche. Stallholders pay from €3. All proceeds go to Rosco's Charity Association. Call Alfred on 919886955 or contact us on our website www.roscofoundation.org for more information.



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Charities

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or Happyhounds@mail.telepac.pt for info.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop, Tavira Christian Centre, Av. Mateus Teixeira de Azevedo, 61A (Opposite Skippers Bar). Come and browse, Come and bring clothing, Bric-a-Brac, Books. Open Wednesdays, 2.30-4.30 and Saturdays 10.30-12.30. Phone 917872559/913617991 for further details. Volunteers needed so we can open more frequently.

CHARITY BOOK Sale & Coffee Morning, 2,000 nearly new paperbacks at 60c. each. All proceeds in aid of The Boy's Home in Faro. Friendly atmosphere in pleasant surroundings. Every Friday from 10am to 12 noon, in the Village Hall, Monte da Palhagreira, Gorgões, Sta. Barbara de Nexe. Info. Tel: 289 990 901.

ALBUFEIRA ABA Charity shop, 41D Avenida do Ténis, open Tuesday to Saturday 10h30 until 2pm. (next door to the Galeano Bar) on the road that leads to the Marina, from the dual carriage-way. We are an independent charity, using the income from the shop for neutering animals. Please help us by donating items for sale.

APAA CHARITY Shops. Cerro Grande, Albufeira, Monday to Saturday 10.30 am to 2pm; Dunas do Alvor, Tuesday to Sunday 10.30am to 2pm; Rua da Mesquita, Silves, Tuesday to Saturday 10.00am to 2pm. Good quality clothes, books, jigsaws, bric-a-brac, etc. Stock and new volunteers always welcome. Help us to help abandoned dogs and cats.

DO YOU have some spare time? Would you like to make new friends and help animals, too? Become a volunteer for the Nandi Animal Charity Shops in Lagos. Most volunteers work one half-day a week. Join us! We are a friendly group and we need you! For more information, call Susan at 918575533.

CHARITY SHOP. Montechoro, Albufeira (behind chemist's) needs volunteers to help in the shop. Please ring Lesley: 962 414 584

NEW CHARITY Shop opened in Guia, situated one way street 3 doors up from Restaurant Atlântico opposite carpark. Open 10h30 to 18h30 except Sundays. Books, clothes men and women, kids and babies toys and clothes, and many more quality items. We help feed and castrate street animals. For more information please call 912 744 352.

ASSOCIATION BIANCA, a registered Portuguese charity that runs an animal shelter near Lisbon (see more on www.bianca.pt/english) invites you to its online charity shop: http://www.fazendoanimaisfelizes.blogspot.com/You can buy or you can donate. Either way, you are helping to feed 250 dogs and 50 cats."

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Mums & Tots



Tuesdays 10.00am - 12.00 Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos. For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

ALCOHOLICS ANONYMOUS - Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Almoncil 1.00pm; Almoncil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Almoncil 7.30pm. Thurs.: Pera 7.30pm. Tel: 919005590; Tavira 7.30pm. Fri.: Almoncil 1.00pm; Portimão 7.30pm. Sat.: Almoncil 5.30pm. Call 919005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969. We look forward to seeing you there.

"POP-INS"

Mums and Toddlers Wednesday 9.45am to 12 midday Bring your babies and toddlers and come meet new friends in a safe and secure environment. Toys, activities, singing. Refreshments available. ICF Church Fellowship Rooms, Cedipraia, Portimão. For more information Tel Marina: 964 820 392

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PM vows to keep public health system “alive”

Portuguese Prime Minister José Sócrates has this week vowed to keep “well alive” the public health system, attacking proposals to “scale it back”.

Portugal’s health system “is nowadays up to the highest international standards”, Prime Minister Sócrates said in Barcelos (Northern Portugal). “Those who want to scale it back are not realistic. It’s just an

ideological proposal that would bring no good to the nation.” Mr. Sócrates didn’t specifically name the authors of such a proposal, but his words seem to refer to a recent plan issued by main opposition Social Demo-

crats (PSD).

PSD’s leader Pedro Passos Coelho recently submitted ideas to reform Portugal’s constitution, among them erasing the state’s constitutional duty to provide healthcare which “is likely to be free”. TPN/Lusa

Photo right: Prime Minister José Sócrates and Health Minister Ana Jorge open a new health facility in Senhora da Lapa on July 26th. (Photo: Lusa / Hugo Delgado)



Police search for missing baby after mother is found dead on Lagos beach

PJ police are carrying out an investigation in the Algarve into the disappearance of a year-old baby after the infant’s mother was found dead on Canavial beach in Lagos, on July 10th.

A PJ spokesperson confirmed that “investigations are ongoing” but “no further information can be given” at this time.

The same source said that the authorities were worried that the case would receive the same type of exposure as was attracted by the disappearance of Madeline McCann in Praia da Luz, in May 2007.

Earlier this month, on July 10th, when the missing infant was last seen, two people rang the 112 medical emergency number to warn authorities that “a man was dragging a woman into the sea off Praia do Canavial”, an unmonitored area of beach that is difficult to access, a source from the Coast Guard told Lusa News Agency.

The Coast Guard was alerted but when naval officers arrived on the beach they found the baby’s mother “already lifeless”, said Commandant Cruz Martins, who is in charge of the Lagos and Portimão ports.

The woman has been identified as 30-year-old Georgina Zito, who is of Angolan origin and who is believed to have arrived in the Algarve on July 6th. Mother and daughter were re-

portedly staying at the Hotel Vila Galé, Meia Praia, Lagos, with a 43-year-old German male now said to be the main murder suspect.

The two male citizens who phoned 112 were able to see and hear the man who allegedly dragged Georgina Zito into the sea.

Witnesses said that the suspect pulled Georgina’s body onto the sand and, carrying the baby, said he was going to “fetch some tablets” but never came back.

Three days later the man travelled to Germany and was later arrested on July 15th after a European capture warrant was launched by Portuguese authorities.

It is now suspected that the alleged murderer, named as Gunnar Dorries, may also have killed the baby girl, who is around 12-months-old and still missing.

She is the third child to go missing in recent years in the Western Algarve.

Prior to the disappearance of Madeline McCann a Portuguese child, Joana Cipriano, also disappeared in September 2004 from her home village, Figueira, near Portimão.

Birth rate is third smallest in European Union

Portugal’s birth rate is the third smallest among the 27 member-states of the European Union, the European Commission’s statistics agency (Eurostat) reported Tuesday. For 2009, Portugal had 9.4 births for every 1,000 citizens – a rate higher only than Germany’s (7.9) and Austria’s (9.1).

A total of 5.4 million children were born in 2009 in the European Union, an average birth rate of 10.7 per 1,000. This was a drop from 2008’s birth rate – 10.9 per 1,000.

The highest birth rates occurred in Ireland (16.8), the

United Kingdom (12.8) and France (12.7).

The Eurostat report also notes the contribution of immigration to the EU’s population growth: “In 2009, a little over 60% of population growth came from migrants.” TPN/Lusa

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Braga on the verge of qualifying for Champions League

 Tommy Broad

Celtic came to Braga on Wednesday night for the first leg of the third qualifying round of the UEFA Champions League. Having won 3-0, Braga are now strong contenders to enter the group stages of Champions League for the first time ever.

Celtic's last victory in Portugal was against Boavista in 2002/2003, but has since failed to win a match on Portuguese soil. After a stellar last season in Portugal, Braga were not going to make Celtic's task of ending their poor run in Portugal any easier on Wednesday night, especially as the Scottish team stand in the way of Braga's first ever presence in the UEFA Champions League.

Braga's first goal came after 25 minutes of play, when Celtic's defender Sung-yong Ki intercepted a cross with his left arm inside the box, conceding Braga a penalty. Alan, who was thought to be moving to either Sporting or

Al-Sharjah at the end of last season, converted with a good shot into the top right corner of the net.

Things were going well for Braga, with Celtic struggling to create any dangerous play on the opposing side of the field, Alan kept the pressure on Celtic's back four. A 1-0 loss would have been an acceptable defeat for Celtic, who would look to claw back at Celtic Park on the second leg. Samaras and Maloney were not on form up front for Celtic, which in turn gave Braga hopes for more goals. Braga's second came fifteen minutes from the end, with Elderson beating Celtic's defenders to the ball after a corner and putting it into the net. The highlight of the night was Matheus' fantastic free kick from what seemed an impossible distance, flying past Zaluska and giving Braga a comfortable lead for their second leg match on August 4th in Glasgow.



Matheus (R) of Sporting Braga celebrates after scoring against Celtic Glasgow during the UEFA Champions League third qualifying round, first leg soccer match at Axa Stadium in Braga on Wednesday. Braga won 3-0. (Photo: EPA/Hugo Delgado)

Iberian bid for World Cup looking for CPLP support

Portugal is counting on the support of its Community of Portuguese Language Countries (CPLP) partners for the joint Iberian bid to host either the 2018 or 2022 football World Cups, Portuguese State Secretary for Sports Laurentino Dias told Lusa News Agency.

"Bids become more or less successful depending on how many supporters they have",

Mr. Dias said last Thursday. "We're counting on the support of the Lusophone nations."

Spain and Portugal are preparing a joint bid to host the World Cup in either 2018 or 2022. The 2014 World Cup will be held in Brazil.

Also in the running are Belgium and Holland (also a joint bid), Australia, Russia, England, the US and Qatar. *TPN/Lusa*

English rugby teams cancel Faro date

Sale and Newcastle will have to wait until Friday, September 3 to lock horns in the English Premiership season opener after the two teams decided to cancel a match which had been scheduled for this Saturday at the Algarve Stadium.

Thousands of rugby fans were this week told to stay in England after the Newcastle Falcons and the Sale Sharks opted out of a ground-breaking match which

had been dubbed the Algarve Super Cup.

In similar statements released earlier in the week, both clubs suggested they had pulled out of the fixture due to reasons out of the clubs' control.

A Newcastle Falcons spokesman said: "Despite having received the necessary approval from both the English and Portuguese Rugby Football Unions, and from the stadium itself, our-

selves and Sale were made guarantees by the promoter which have not been met.

"It is with great regret that we have been forced into making the joint decision along with Sale Sharks to cancel this game, especially with so many of our supporters having committed to travelling over."

"Those supporters will be contacted and refunded in full, but to protect our own interests

and those of our fans and club partners, we have unfortunately had no alternative but to cancel the fixture."

Sharks CEO Mick Hogan supported the statement, "We have taken a joint decision with Newcastle Falcons to call off the game to protect our players, supporters and sponsors interests. All fans booked on the official trip will be refunded in full."



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